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United States Department of Agriculture  
EXTENSION SERVICE  
Washington, D. C. 20250

No. 504

January 14, 1942

TO HOME-ECONOMICS EXTENSION WORKERS:

Herewith are given references to certain books and home-economics literature that may be of interest to you. Before writing for further information about these references, please consult your librarian. Those who have been clipping these letters for filing may each have an extra copy on request.

Sincerely yours,

*Edith L. Allen*

Edith L. Allen,  
Assistant Home Economist.

Management      CASE STUDIES OF CONSUMERS' COOPERATIVES. W. Haines Turner. (Columbia University Press, New York, 1941. 330 pp.) A study of successful cooperatives started by Finnish groups in the United States. The relation to their social and economic environment is taken into consideration. The cooperatives are located in various parts of this country, including Massachusetts and the Lake Superior region. Prices in the cooperatives were higher than in some stores and lower than in others.

Management      INFLATION STRIKES HOME. Harriet Elliott. (Journal of Home Economics, Vol. 33, No. 10, pp. 699-702, December 1941.) Outlines problems caused by inflation of prices for consumer goods, and explains why no one is benefited by this inflation.

Management      THE FUTURE OF WOOL. (Textile Mercury and Argus, Vol. 105 - No. 2734, pp. 139, August 15, 1941.) Tells how the British Government has purchased the Australian, New Zealand, and South African clips of wool for the duration of the war and one season thereafter to prevent the sharp rise and following slump of prices in wool that followed the last war. A big demand for wool is expected at the end of this war, since many men will have to have civilian clothes again. It is hoped to handle the situation this time so there need be no great losses.

Management      200 WAYS TO CONTROL FOOD COSTS IN QUANTITY COOKERY. J. O. Dahl. (The Dahls, Stamford, Conn., 1941, pp. vi+91.) Contains many hints for economizing in buying and using foods.

Management FAMILY EXPENDITURES IN THE UNITED STATES: STATISTICAL TABLES AND APPENDIXES, June 1941. (National Resources Committee Publication, U. S. National Resources Planning Board, Supt. of Documents, Washington, D. C., 50 cents.) The third of a series of reports based on data from the 1935-36 Study of Consumer Purchases. This report presents estimates of both average and aggregate expenditures for more items than are found in the first Consumer Expenditures Report.

Management LIVE ON LESS AND LIKE IT. (House Beautiful, Vol. 12, No. 83, pp. 64-65, December 1941.) Suggests repairs and saving and savings that may be made in the home. The heating plant and home insulator must be put and kept in order. We must make repairs ourselves and not depend on carpenters, plumbers, and others.

Management CONSUMER STANDARDS. Samuel P. Kaidanovsky, assisted by Alice L. Edwards. U. S. Temporary National Committee, Investigation of Concentration of Economic Power. (Monograph 24, pp. xii+433, 1941, Supt. of Documents, Washington, D. C., \$1.) An analytical inventory of the United States resources for the development and utilization of consumer standards and a discussion of how these resources have been employed. It also describes the standardization, inspection, and labeling activities of the various Federal agencies, and some other agencies.

Management EVERYDAY ECONOMIES. Cornelius C. Jensen and Orlando W. Stephenson. (Silver Burdett Co., New York, 1941, pp. x+519.) A high-school text, one part of which, consisting of 30 pages, deals with consumer problems.

Management INFORMATION FOR THE CANNED FOODS SHOPPER. (Home Economics Division, National Canners' Association, Washington, D. C., 1941, 15 pp.) One part of the booklet discusses labels and the information housewives may glean from them.

Management BEFORE YOU BUY THAT RUG: KNOW THESE THINGS. Ethel Brostrom. (Better Homes & Gardens, Vol. 20, No. 1, pp. 38, 74-75, September 1941.) Points to consider, such as weave, quality of yarn, size of rug, color, and wool content.

Management DOING IT YOURSELF: HOW TO KEEP HOUSE WITHOUT A MAID - BOTH SIMPLY AND EFFICIENTLY. (House & Garden, Section on "Be Smart Simply." Conde Nast Publications, Inc., Greenwich, Conn. Vol. 80, No. 4, pp. 35, 74, October 1941.) The proper methods of cleaning and caring for various parts of the house and its equipment are illustrated.

Equipment A NEW IDEA IN SMALL HOME HOT WATER HEATING. (Domestic Engineering, Vol. 158, No. 3, pp. 68, illus., September 1, 1941.) A new method of heating economically a basementless one-story house is described, which uses hot water, radiators, and a pump. Two single mains fitted with manifolds have branch lines of pipe to the radiators.

Equipment DO YOU MEAN TO INCINERATE? Wm. W. Darrow. (Better Homes and Gardens, Vol. 20, No. 2, pp. 86, October 1941.) Describes the construction of a good-sized incinerator for a rural home.

Equipment ARE YOU HEATING.....OR CHEATING? E. W. Lehmann. (Successful Farming, Vol. 39, No. 11, pp. 22, 42-43, November 1941.) Discusses the features of heating equipment that is safe and does not waste fuel; features that save time, heat every room, keep the family in good health, and those that make the home dirty, prevent privacy in living space, entail hard work, and are unsafe.

Equipment EXHAUST FANS. K. G. Patrick. (Successful Farming, Vol. 39, No. 11, pp. 30, 36, November 1941.) Explains the working principles and structure of various types of ventilating fans suited to farm homes.

Equipment GLARE AND LIGHTING DESIGN. E. W. Fowler and C. L. Crouch. (Illuminating Engineering, Vol. 36, No. 9, pp. 897-916, November 1941.) Defines direct and reflected glare and discusses direct glare in highly technical terms.

Equipment A REVIEW OF METAL UTENSILS FOR SURFACE COOKING. Arnold E. Baragar. (Journal of Home Economics, Vol. 33, No. 10, pp. 706-710, December 1941.) A report of work at the Household Equipment Research Laboratory at the University of Nebraska. Discusses durability, sanitation, and performance of utensils made of different materials.

Equipment NEW LAMPS FROM OLD ONES. Mabel Hebel. (American Agriculturist, Vol. 136, No. 24, pp. 18, 21, November 22, 1941.) Discusses the remodeling of old electric lighting fixtures to make them more efficient and attractive as taught at New York State College of Home Economics.

Equipment CONVENIENT KITCHENS. (The Southern Planter, Vol. 102, No. 10, pp. 24-25, October 1941.) This discusses size, shape, work centers, and improvements in old and new kitchens.

Equipment      BEDDING MANUAL FOR PROFESSIONALS. Crete M. Dahl. (The Dahls, Stamford, Conn., 1940, 143 pp.) Subjects discussed include: bed making and buying of bedspreads, bedsprings, blankets, mattresses, pillows, mattress pads, and sheets. The care of these articles is also suggested. This information is prepared for hotel managers.

Equipment      HOW TO DESIGN AND INSTALL PLUMBING. A. J. Matthias. (American Technical Society, Chicago, Ill., 1941, 442 pp., illus.) A text designed for Wisconsin Vocational School. Some chapter headings are: Private sewage disposal; House server; House drain; House drain appliances; Plumbing; Water supply; Cold-water distribution; Domestic hot-water supply; and Plumbing fixtures.

Equipment      NOW THAT MATERIAL AND REPLACEMENTS ARE HARD TO GET EVERY FARMER SHOULD INSPECT PROPERTY TO PREVENT FIRES. (Indiana Farmers Guide, Vol. 97, No. 21, pp. 19, November 1, 1941.) This article says a look in time may save your home. Inspect your property today to be sure that flues, electric wiring, and roofs, are in proper repair. Guard against overheated stoves and furnaces, check your oil stoves, install adequate lightning rods and be sure the old ones are properly grounded, for being forewarned is being fore armed.

Equipment      YOUR TABLE SET IN BEAUTY. Nan Shearer Kelsey. (Better Homes and Gardens, Vol. 20, No. 2, pp. 66, 69-70, October 1941.) This article describes what to look for when buying pottery and fine porcelain for table use.

Equipment      AMBUSHED BY A CLOSET. Weare Holbrook. (Better Homes and Gardens, Vol. 20, No. 2, pp. 19, 87-88, October 1941.) This article is described as being the saddened memoirs of the author as last seen as he entered his wife's closet. It describes the hazards due to the way in which people pile things into closets, and says that attics aren't what they used to be, for their function has been taken over by closets. It then gives suggestions for arranging closets.

Equipment      THINKING OF BUYING LINOLEUM? Ethel Brostrom. (Better Homes and Gardens, Vol. 20, No. 2, pp. 34-35, 125, October 1941.) The author suggests that those buying linoleums should first mull over facts relating to them and all their smooth-surface floor-covering cousins. He then describes the construction of inlaid linoleum, printed linoleum, felt-base floor covering, the different surfaces on these, and the different backs.

Textiles and Clothing EFFECTIVE MILDEW-RESISTANT TREATMENTS FOR COTTON FABRICS. Margaret S. Furry and Helen M. Robinson. (Dyestuff Reporter, Vol. 30, No. 20, pp. 504, 520-524, September 29, 1941.) This article discusses 28 mildew-resistant finishes which markedly prolong the life of such house furnishings as covers for porch chairs, shower curtains, sails, and other canvas equipment. Recommendations were made that 10 such finishes should be comparatively easy to apply, and not decrease the strength of fabrics nor cause excessive shrinking. Also they should withstand weathering and repeated laundering, and should be colorless and nontoxic to human beings.

Textiles and Clothing PUTTING A "V" IN TROUSERS. L. K. Ulery. (The National Cleaner and Dyer, Vol. 32, No. 11, pp. 48-50, November 1941.) A description of all the steps and complete instructions for making old trousers fit new and bigger waistlines.

Textiles and Clothing SNOWY LINENS. Hazel Howard. (Capper's Farmer, Vol. 52, No. 6, pp. 42, June 1941.) Gives the history of woven linens and tells how to care for them.

Textiles and Clothing NEW STYLES FOR WORKING FARM WOMEN. (Southern Planter, Vol. 102, No. 10, p. 31, October 1941.) A description of the overalls and other work clothes recommended by the Bureau of Home Economics for the woman who does home and farm chores.

Textiles and Clothing PHYSICAL CHARACTERISTICS OF SLIP-COVER FABRICS AS A GUIDE TO THEIR SERVICEABILITY. Bess Viemont Morrison. (Journal of Home Economics, Vol. 33, No. 9, pp. 661-667, November 1941.) Reports on methods used in testing fabrics suitable for slip covers. The results showed need for more information and what should be stated on the labels. A strong, closely woven fabric is most suitable for slip covers.

Textiles and Clothing PRESERVING ANIMAL FIBERS AGAINST INSECT PESTS. C. S. Whewell. (Textile Reporter, Vol. 58, No. 696, pp. 27-28, March 1941.) This is part 4 of a series of articles which is to be continued. In the preceding parts, chemical methods of protecting animal fibers from the attack of clothes moths and carpet beetles were described. More permanent results may, however, be received by the use of nonvolatile compounds, and this article is concerned with inorganic reagents of that type. The properties of a successful mothproofing agent are described.

Textiles and Clothing THE MODERN SHOE - HOW IT GREW. Steele F. Stewart. (Vogue, Vol. 68, No. 7, pp. 130, October 1, 1941.) With 15 sketches, this article gives a brief history of shoes.

Textiles and Clothing STANDARD DIMENSIONS FOR BOYS' BODIES -- Will serve as the basis for garment sizes for junior boys. Harry Simons. (Industrial Standardization, Vol. 12, No. 9, pp. 249-251, September 1941.) A table shows a new set of junior boys' body sizes recently adopted.

Textiles and Clothing FABRIC STANDARDIZATION UNDESIRABLE? (American Wool and Cotton Reporter, Vol. 55, No. 48, pp. 36, 41, November 27, 1941.) Explains the objections that manufacturers have to standardization of fabrics. Standardization, they say, would result in competitive marketing which would pit one mill against another.

Textiles and Clothing NATIONAL DEFENSE AND DYESTUFFS. Henry F. Herrman. (Fibre and Fabric, Vol. 94, No. 2965, pp. 14-15, November 29, 1941.) Points out the defense needs for the substances which produce black dyes and certain blues and greens.

Textiles and Clothing BUYING MORE FOOTWEAR FOR MEN. (Southern Planter, Vol. 102, No. 10, p. 27, October 1941.) Discusses the points to know when buying work shoes and rubber boots. The article says among other things that, on flexing the sole, rubber boots should show no signs of cracks or breaking.

Textiles and Clothing LOOK FOR THE NEW LABELS. Bernice S. Bronner. (Good Housekeeping, Vol. 113, No. 3, p. 121, September 1941.) A discussion of Wool Products Labeling Act of July 15, 1941. This act requires the labeling of all fabrics containing wool which are sold in interstate commerce. The labels are to tell the kind of wool and amount in each kind of cloth.

Textiles and Clothing THE BREAKING STRENGTH OF FABRICS. P. Larose. (The Journal of the Textile Institute, Vol. 32, No. 9, pp. T167-T178, September 1941.) A discussion of half grab, and grab and strip tests for the breaking strength of fabrics. There was considerable difference in the results obtained by the different methods.

Food and FOOD FADS, FALLACIES AND FACTS: II. Doris W. McCray.  
Nutrition (Hygeia, Vol. 19, No. 5, pp. 736, 739, September 1941.)

The second in a series of articles on food fads, fallacies, and facts. This series deals with canned foods. The cooking and sealing of food in a container with air began in 1810 when Nicholas Appert won a prize for a new method of preserving food.

Food and ESSENTIALS OF AN ADEQUATE DIET: II. Ruth Cowan Clouse.  
Nutrition (Hygeia, Vol. 19, No. 5, pp. 727-729, September 1941.)

A discussion of the importance of thiamine, vitamin B<sub>1</sub>, in the diet. A table shows the thiamine content of a number of foods.

Food and VITAMIN B, LOSS IN BAKING. Subcommittee of Millers' National Federation Technical Committee. (Bakers Weekly, Vol. 111, No. 7, pp. 34-36, August 16, 1941.) A report of a study of loss of vitamin B<sub>1</sub> which shows this to be 6.8 to 29.1 percent between the two extremes of baking conditions. Losses increase with baking time and temperature. Most of the loss occurred in the crust.

Food and RUTH WAKEFIELD'S TOLL HOUSE TRIED AND TRUE RECIPES. Ruth  
Nutrition Graves Wakefield. (M. Barrows & Co., Inc., New York, 1941, 275 pp.) A cookbook with menus, notes on meal planning, first-aid suggestions, directions for stain removal, and many other hints.

Food and THE FINE ART OF COOKING. Mildred G. Whitfield, Maria  
Nutrition Hornbacher and Ruth Pearson. (White Brothers' Graphic Arts Center, Berrien Springs, Mich. 1941, 175 pp.) As the authors say, this is a 100-percent vegetarian cookbook. No animal milk, butter, or eggs are used. Illustrated with color prints.

Food and VITAMIN SUMMARY - 1941-'42. (The Quaker Oats Co., Nutrition Department, Chicago, Ill., 4 pp., 1941.) A chart that tells chemical formula and important properties; units and weights; methods of laboratory measurement and reference - standard materials; best-known functions; recommended daily allowances; and, important food and specialty sources for each vitamin.

Food and HOW TEMPERATURE OF BUTTER AFFECTS THE PHYSICAL STRUCTURE  
Nutrition OF CAKE. Charles A. Glabau. (Bakers Weekly, Vol. 3, No. 8, pp. 46-47, August 1941.) Conclusion of a series of articles. A table shows weights and volume of material used and cake resulting. Illustrations show appearance of cake. The general conclusion reached is that the ideal range in temperature of raw materials is between 70 to 80° F.

Food and OPPORTUNITIES FOR BETTER NUTRITION THROUGH THE FOOD STAMP  
Nutrition PLAN. Clara Mae Taylor. (Forecast, Vol. 57, No. 7, pp.  
29-33, 88-90, illus., September 1941.) Explains the food  
stamp program and tells how it operates, - and the menus that result  
from use of the foods acquired with stamps.

Food and FOOD FOR VICTORY. Claude R. Wickard. (Southern Agricul-  
Nutrition turist, Vol. 71, No. 11, pp. 5, 24, November 1941.) This  
article tells how Southern farmers will lay the founda-  
tion for better agriculture by planning to grow more kinds of food  
for human use. It discusses our export market and the prices guaran-  
teed through 1942 and tells how this food program offers an opportuni-  
ty to improve the standards of our people now and to improve stand-  
ards in the future.

Food and A NUTRITIVE INDEX OF FRUITS. Agnes Fay Morgan. (Fruit  
Nutrition Products Journal, Vol. 21, No. 3, pp. 75-77, November  
1941.) A discussion of the problem of providing Britain  
with fruits. It deals with the food value in relation to tonnage,  
and points out large differences in vitamin and other health values  
of fruits which may be used as an index in making a choice of fruit  
to occupy the major portion of cargo space. A table shows the com-  
position as to vitamins, calcium, and iron and the nutritive value  
of 20 representative fruits as purchased. Another table shows the  
nutritive index of these same fruits.

Food and THE JOY OF COOKING. Irma S. Rombauer. (Bobbs-Merrill Co.,  
Nutrition Indianapolis, Ind., 1941, 628 pp.) A cook book.

Food and AMERICA'S CHEESE TRAY. (Better Homes and Gardens, Vol.  
Nutrition 20, No. 2, pp. 84-85, October 1941.) Besides telling  
how to serve cheese, this article includes a table show-  
ing the occasions on which to use various types of cheese, both  
foreign and American.

Food and THE THINGS THAT MUST BE DONE TO PUT ACROSS ENRICHED  
Nutrition BREAD. Walter Warrick. (Bakers Weekly, Vol. 112, No.  
4, pp. 25-27, 60, October 25, 1941.) This discusses  
the program for enriching bread and tells how the bakers plan to  
make a profit from bread of this type. It says among other things  
that bakers today are hearing fewer complaints about bread being  
fattening. It indicates that the addition of vitamins will neces-  
sitate an increase in the price of bread.

United States Department of Agriculture

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January 28, 1942

TO HOME-ECONOMICS EXTENSION WORKERS:

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Sincerely yours,

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Assistant Home Economist

HELPING BABY LEARN. Dorothy E. Bradbury. (Capper's Child Care Farmer, Vol. 52, No. 12, pp. 32, December 1941.) Explains how parents may help the child in learning about things and to control situations. Also points out what handicaps a child in learning, as by speaking hurriedly or indistinctly. It mentions the place of award in learning.

STOP YOUR CHILDREN FROM SQUABBLING. Leslie B. Hohmann. Child Care (Ladies' Home Journal, Vol. 58, No. 11, pp. 96-97, November 1941.) Discusses the democratic methods of child training in which each member of the family is as free as will fit with the freedom of the family. In this method, hates and jealousies are avoided.

POPULARITY AND PRESCHOOL CHILDREN. Rosemary Lippitt. Child Care (Child Development, Vol. 12, No. 4, pp. 305-332, December 1941.) Discusses the methods of judging a child's popularity, the object being, through a better understanding of this subject, to prevent children from becoming scapegoats or acquiring unpopular characteristics. It was found in this study that child and teacher estimates of child popularity were based on different criteria. The adults thought that a child who was the leader or socially active was popular. The child's associates did not agree with this. Popular children were more cooperative in routines, had a higher mental age, and were physically more attractive than unpopular children.

Child Care LITTLE KNOWN FACTS ABOUT FEET AND KNEES. Harold E. Roe and Herbert S. Conrad. (Parent's Magazine, Vol. 16, No. 11, pp. 30, 95, November 1941.) Explains the development of children who naturally have knock-knees and often flat feet which they outgrow without medical attention; what causes these conditions to persist and how to help overcome them. Children should frequently be allowed to go barefoot within doors and on the lawn when the grass is dry and the weather is warm.

Child Care WHAT IS THE FEDERAL GOVERNMENT DOING FOR CHILDREN? (Childhood Education, Vol. 18, No. 3, pp. 105-109, November 1941.) Describes the many governmental services working for the welfare of children. These include: United States Office of Education, Children's Bureau, Agricultural Extension Service, United States Housing Authority, and United States Works Progress Administration.

Child Care ENJOYING OUR CHILDREN. (American Association of University Women, 1634 I Street NW., Washington, D. C., 1938.) A series of eight mimeographed circulars: Physical changes make them behave that way, 6 pp.; How are we to know what interests to develop, 5 pp.; Emotion is a mover, 10 pp.; What about their friends? 7 pp.; How characters and personalities grow, 11 pp.; Not medals - but fun! 7 pp.; Everybody, sing! 7 pp.; Why should they read? 8 pp.

Child Care STATURE AND WEIGHT OF CHILDREN OF THE UNITED STATES, WITH REFERENCE TO THE INFLUENCE OF RACIAL, REGIONAL, SOCIOECONOMIC AND SECULAR FACTORS. Howard V. Meredith. (American Journal of Diseases of Children, Vol. 62, No. 5, pp. 909-932, November 1941.) The results of this study show that boys living in the United States, both white and negro, are 6 to 8 percent taller and 12 to 15 percent heavier than were boys of half a century ago.

Child Care PROTECTION OF CHILDREN IN GREAT BRITAIN IN WARTIME. Martha M. Eliot. (American Journal of Public Health, Vol. 31, No. 11, pp. 1128-1134, November 1941.) Discusses the protection of children against contagious disease during wartime and the importance of continuing child-welfare clinics and services wherever the children are sent; also, the problems that arise when city families are lodged with country families, and the need for recreation centers in the reception areas.

Child Care PROBLEM BEHAVIOR IN CHILDREN. Gladys Sellew. (The American Journal of Nursing, Vol. 41, No. 12, pp. 1384-1388, December 1941.) A report of a study made in a hospital concerning the behavior of children of different social classes. A child may refuse to eat some wholesome food because its parents also refuse this food. Children from lower-income families have more candy (bought by the penny's worth) than do children from a higher income group. The report includes statements about sleep, destructiveness, jealousy, delinquency, and attitude towards others.

THE DIAGNOSIS AND TREATMENT OF MILD VITAMIN DEFICIENCIES.  
Health Julian M. Huffin. (Journal of the American Medical Association, Vol. 117, No. 18; pp. 1493-1496, November 1, 1941.) As the title indicates, this article describes the diagnosis of mild vitamin deficiencies and their treatment. It says, however, that there is little to justify long-continued therapy in a patient whose life is such as to make health and happiness difficult, if not impossible to attain, and gives as an example the farm housewife who, at the age of 30, has borne 6 children, does all the housework, and works in the fields. What she obviously needs is not vitamins but rest. She represents what may be called the social and economic problems.

COURSE OF STUDY IN HEALTH, SAFETY AND PHYSICAL EDUCATION  
Health FOR ARKANSAS SCHOOLS. (Bul. No. 9, The Arkansas Cooperative Program to Improve Instruction, State Dept. of Education, Little Rock, Ark., pp. 131, 1938.) An outline or manual for teaching health. The chapter titles include: Educational objectives and child needs in health, safety, and physical education; Administering the health, safety, and physical education program; Health protection; health supervision; Safety education; Physical education.

THE NATION'S SURVIVAL DEPENDS ON PROPER NUTRITION. W. S. Health Leathers. (Southern Agriculturist, Vol. 71, No. 10, pp. 23, October 1941.) Stresses the importance of nutrition to national defense, explains why "protective foods" are expensive, and the chief dietary shortages.

HOW THE WEATHER AFFECTS YOU. Clarence A. Mills. (Science Digest, Vol. 10, No. 6; pp. 1-3, December 1941.) Condensed from "Human Biology," an article by the same author. It says among other things that intelligence tests given in summer heat result in ratings only about 60 percent as high as similar tests given during winter cold. Animals kept at a temperature of 65°F. eat over twice as much food as do those kept at 90 degrees; with a change to a warmer environment both food consumption and growth rate immediately decrease. Animals living at 65°F., will starve to death in a few days if given only as much food as those living at 90°F. Another study showed that women are less able than men to withstand difficulty in heat loss and may explain the more marked response of female stature to depressing heat.

PEST CONTROL AND PUBLIC HEALTH. J. C. Geiger. (Pests, Health Vol. 9, No. 5, pp. 16-17, May 1941.) The author says that people would have little trouble with vermin if architects and builders would eliminate hiding places for them. The beams, sleepers, and uprights offer insects both food and shelter also better provision should be made for cleanliness and effective storage of food, clothing, and other commodities.

Health FIGHTING OFF MENTAL OLD AGE. (Science Digest, Vol. 10, No. 6, p. 4, December 1941.) A brief item reporting a talk by Geo. B. Stoddard regarding the points for fighting off oncoming mental old age. These are to avoid bad health conditions, such as poor nutrition, endocrinial diseases, and infectious diseases, and to avoid mental apathy. Regarding this, he says that adults should undertake new abstract learning which is as appropriate to them as school and college are to the young. We do not know the limits of mental ability of adults, but we do know that by following the above rules, one can fight off the forces of mental enfeeblement. This is done by those who have attained high scientific and artistic achievements in the sixth and seventh decades of their life.

Health AIR CONDITIONING. Rewritten by Lawrence C. Salter. (Hygeia, Vol. 19, No. 12, pp. 972-973, December 1941.) A popularized version of an article, The Relationship of Clothing to Comfort Standards of Men and Women in Air-Conditioned Buildings, reported previously.

Health SHORT CONTACTS BY THE HOME ECONOMIST IN CASE WORK TREATMENT. (Family Association of America, 122 East 22d Street, New York, 11 pp., June 1940, paper, processed.) Two discussions of the work that a home economist does in advising clients of family welfare departments. Cases are cited to show how certain problems should be handled.

Health A RURAL HOME MATERNITY SERVICE. Elizabeth Burnett. (The American Journal of Nursing, Vol. 41, No. 12, pp. 1365-1372, December 1941.) Describes how maternity service in a rural home is being administered by a hospital. The hospital has a 24-hour telephone service and furnishes sterilized supplies. Nurses of the local Home Maternity Nursing Service are in attendance.

Health FIRST-AID TEACHING TECHNIQUE. C. J. Potthoff. (Journal of American Medical Association, Vol. 117, No. 17, pp. 1417-1420, October 25, 1941.) This article discusses the part that the physician should play in the first-aid classes taught by the Red Cross, and says that there is a danger that the physicians may rate the pupils too high on the basis of their background information, ability to understand explanations, and to memorize. It then cites illustrations of mistakes made by first-aid pupils who didn't fully comprehend the subject they were studying. It tells how first-aid courses should be organized and says that the greatest importance of such courses is the effective way in which they reduce accidents, which, after all, is the major objective of first-aid training. The first-aid student takes better care of himself as a result of such training and it is recommended that as many people as possible be given first-aid courses. The trained lay person does better than the untrained, though he may make many mistakes. Then it gives some suggestions for treatment of accidents and precautions that should be given in the courses.

WHITTLING-JACKNIFE TECHNIQUE. W. Ben Hunt. (Industrial Handicraft Arts and Vocational Education, Vol. 30, No. 10, pp. 441, December 1941.) A continuation of an article published in the November 1941 issue.

THIS IS WEAVING. (Woman's Day, Vol. 5, No. 3, pp. 18-25, Handicraft illus., December 1941.) This is the ninth article in a series on American needlework which describes weaving patterns, weaving on a table loom, on a weave-it, and on a floor loom.

BUSY LOOMS OF THE POWERSITE WEAVERS. Townsend Godsey. Handicraft (Missouri Ruralist, Vol. 82, No. 23, pp. 7, 9, 19, illus., November 8, 1941.) A description of the weaving being done by a group resulting from a WPA project in the Ozarks. It tells of the building of equipment and the creation of a marketing agency by the members of the group.

MOTHERS MAKE TOYS. Melba Olsen Crapo. (Agricultural Handicraft Leaders' Digest, Vol. 22, No. 8, pp. 28-29, November 1941.) Tells of the work of a group of women in making toys such as blocks, drums, pounding board, stuffed animals, and dolls, with some suggestions for making peanut and walnut dolls.

HOW TO PLAN CHRISTMAS DECORATIONS AND PACKAGES. Margery Handicraft Strain Ross. (Bakers' Helper, Vol. 76, No. 945, pp. 636-639, October 11, 1941.) This article tells how to make simple Christmas decorations out of inexpensive material and attain a novel Christmas tree effect. It makes suggestions for cooky decorations in the form of Santa Clauses, angels, stars, animals, houses, churches, hearts, crescents, drums, chimneys, bells, horns, and Christmas trees. These cookies may be decorated with garlands of icing and colored sugar, bits of citron, etc. It then tells some of the decorations which nature provides, in addition to branches of evergreen, holly, sumac, and laurel. It suggests ears of popcorn with the husks left on and tied back; heads of wheat and barley bouquets, and bouquets of such fruits and vegetables as apples, gourds, grapes, lemons, limes and peppers. These are only a few of the suggestions given.

HARVESTING AND KEEPING GOURDS. Earl H. Selle. (Washington Farmer, Vol. 64, No. 19, p. 6, September 11, 1941.) This brief article tells how to harvest gourds when they are at the proper state of cultivation and to store them in a cool, dry, frosty room where air can circulate freely about them. It also discusses various methods of treating them, such as dipping them in a solution of 50 parts water and 1 part formaline to check growth of harmful bacteria. It discusses the use of protective coverings, such as shellac, floor wax, or varnish. Any coating that retains moisture in the gourd without causing rot is satisfactory.

Handicraft THEY TRAVEL ALL OVER KANSAS. (The American Home, Vol. 26, No. 6, pp. 76-37, November 1941.) Description of a puppet show that has been popular in Kansas. Diagrams for production of puppet and pictures of stage given.

Handicraft ENTERING A WARP SINGLE HANDED. Bertha G. Johnston. (The Weaver, Vol. 6, No. 3, p. 10, July - August 1941.) Explains a method of warping a loom without help.

Handicraft at home. CHRISTMAS IS MADE AT HOME. Ann Hagan. (House Beautiful, No. 12, Vol. 83, pp. 60-61, December 1941.) Suggestions for Christmas wreaths and table decorations to be made

Handicraft and caps. SOCKS AND MITTENS. Book No. 174. (The Spool Cotton Co., 54 Clark Street, Newark, N. J., 23 pp., illus., no date, 10 cents.) Illustrations for knitting socks, mittens,

Handicraft OLD AND NEW FAVORITES. Book No. 173. (The Spool Cotton Co., Dept. 281, 54 Clark St., Newark, N. J., 23 pp., illus., not dated. 10 cents.) Tells how to crochet lace table cloths, table mats, chair protectors, bedspreads, and chair seat covers.

Handicraft WEAVING FOR AMATEURS. Helen Coates. (The Studio Publications, New York, 1941, 80 pp.) Describes steps in simple weaving, dyeing, spinning, and discusses materials and varieties of weaves.

Handicraft FIFTY THINGS TO MAKE FOR THE HOME. Julian Starr, Jr. (New York, Whittlesey House, McGraw-Hill Book Co., Inc., 1941, 207 pp.) Describes how to make 50 or more different things for the home and the tools used. The articles include, knife rack, hanging wall cabinets, three-panel screen, dressing-table base, low footstool, and doll house.

Food and ENGLAND NEEDS U. S. FOOD. Raymond H. Gilkeson.  
Nutrition (Missouri Ruralist, Vol. 82, No. 22, pp. 2, October 25, 1941.) Points out the importance of producing the foods for which the English are in great need, such as meat and eggs, but not wheat.

Food and NATIONAL NUTRITION ADVISORY COMMITTEE. Helen Stacey.  
Nutrition (Journal of Home Economics, Vol. 33, No. 9, pp. 640-643, November 1941.) Another report of the meeting of the National Nutrition Advisory Committee on September 8, 1941.

Food and HIGH LIGHTS IN NUTRITION RESEARCH. Hazel E. Munsell.  
Nutrition (Journal of Home Economics, Vol. 33, No. 10, pp. 739-743, December 1941.) A summary of results of nutrition research completed since January 1940, with suggestions for the practical application of this new knowledge. A value of 0.6 grams of calcium in the diet is suggested, which is higher than that formerly recommended, for example.

Food and HOME PRESERVATION OF FOOD. Helen Klass Engdahl.  
Nutrition (Journal of Home Economics, Vol. 33, No. 10, pp. 719-724, December 1941.) Discusses the various procedures in canning and the temperatures and time needed to destroy bacterial organisms. Cold storage, including freezing, is discussed. Cardboard cartons with moistureproof lining are recommended for packing fruits and vegetables.

Food and THE BEST MEN ARE COOKS. Frank Shay. (Coward-McCann, Inc., Nutrition New York, 1941, pp. ix +281. A cookbook. The author states that it has no tables of vitamins and calories and will be practically useless to invalids, dyspeptics, children, and those who practice girth control.

Food and FOOD IS OUR ARSENAL IN THE STRUGGLE FOR FREEDOM. Claude Nutrition Wickard. (The Farmer-Stockman, Vol. 54, No. 20, p. 15, October 15, 1941.) Stresses the importance of America's goals for food reserves for 1942. Also that farmers ought not to be penalized for serving the national interest.

Food and FOOD HABITS. (The Ohio Farmer, Vol. 182, No. 10, pp. 15, Nutrition November 15, 1941.) This article discusses attitudes of parents toward the food habits of their children, such as showing too much concern over seemingly poor appetite, and refusal of food.

Food and Nutrition      SCHOOL LUNCHES AND EDUCATION. (Federal Security Agency U. S. Office of Education, Cir. 202, 16 pp., Washington, D. C., no date.) Presents methods by which school lunches may become a part of the total school program, and cooperation may be effected between parents and the school in improving food habits.

Food and Nutrition      MUSHROOM COOKERY. Helmut Ripperger. (George W. Stewart Publishers Inc., New York, 1941, 96 pp.) A cookbook.

Food and Nutrition      THE ART AND SCIENCE OF NUTRITION. Estelle E. Hawley and Grace Garden. (The C. V. Mosby Co., St. Louis, 1941, 619 pp.) A textbook for nurses. Some of the chapter headings are - digestion, metabolism, classification of foods, food hazards, and food protection, essentials of an adequate diet, food requirements under normal conditions. Other chapters deal with diet therapy.

Food and Nutrition      VITAMINS -- 1941. Williamina E. Armstrong. (Journal of the American Dietetic Association, Vol. 17, No. 10, pp. 968-974, December 1941.) A summary of our present knowledge of vitamins and their functions. The author states that our knowledge of the function of vitamin A has changed but very little during the year; that patients with skin diseases may have a lowered ability to absorb or utilize vitamin D; there are indications that vitamin E is useful in the management of muscular dystrophy; that there are at least three and possibly five naturally occurring forms of vitamin K.

Food and Nutrition      THE GREAT AMERICAN STOMACH. Albert Soiland. (Hygeia, Vol. 19, No. 12, pp. 977-979, 990-991, December 1941.) Discusses the physiology of the stomach and the effects of modern diets as contrasted with those of past ages. The amount of acid fruit juice taken today is one of the changes discussed.

Food and Nutrition      MAGIC IN HERBS. Leonie de Sounin. (M. Barrows & Co., Inc., New York, 1941, pp. xvi+208.) Discusses the flavoring of food with herbs, a variety of suggestions are given for each vegetable, meat dish, and soup. Menus with recipes are included.

Food and Nutrition      FACTS AND FANCIES ABOUT FOOD FACTS. A. J. Carlson. (American Journal of Public Health, Vol. 31, No. 11, pp. 1181-1190, November 1941.) Discusses the causes of poor food selection, such as misleading information in food advertising and ignorance of food value in relation to cost. Much space is given to discussing the value of different fats.

United States Department of Agriculture  
E X T E N S I O N S E R V I C E  
Washington, D. C.

No. 506.

February 11, 1942

TO HOME-ECONOMICS EXTENSION WORKERS:

Herewith are given references to certain books and home-economics literature that may be of interest to you. Before writing for further information about these references, please consult your librarian.

Sincerely yours,

*Edith L. Allen*

Edith L. Allen  
Assistant Home Economist

Extension and Organization THE RESPONSIBILITY OF HOME ECONOMICS DURING AND AFTER DEFENSE. Mordecai Ezekiel. (Journal of Home Economics, Vol. 33, No. 9, pp. 637-639, November 1941.) Explains the meaning of democracy as opposed to totalitarianism and the value of good nourishment to morale. It outlines the work of Extension in this field. It also discusses educating farmers in the use of their rising incomes, in improving their homes and economic status, and in building up a reserve for the time of readjustment and other means of avoiding a postwar slump.

Extension and Organization WOMEN ARE WORKING. (Wisconsin Agriculturist, Vol. 68, No. 13, pp. 12-13, illus., June 28, 1941.) A report of home demonstration activities in home improvement, including rugmaking.

Extension and Organization NATIONAL CONFERENCE OF SOCIAL WORK. (Columbia University Press, New York, 1941, 787 pp.) A report and selected papers of the sixty-eighth annual national conference of social work in 1941. Such subjects as national defense and the health and welfare services in the United States, changes in the theory of relief giving, problems of older children in personality adjustment, and medical care experiences of Farm Security Administration in California, were included.

Extension and Organization STATE NUTRITION COMMITTEES. (Journal of the American Dietetic Association, Vol. 18, No. 1, pp. 31-33, January 1942.) Explains the organization of nutrition committees, tells who the directing heads are, and outlines the work to be accomplished.

Extension and BETTER MATTRESSES FOR BETTER LIVING. Talma E. Buster.  
Organization (Practical Home Economics, Vol. 19, No. 7, pp. 249,  
252, July-August, 1941.) This article discusses the  
cotton-mattress program and tells what has been accomplished since  
its origin. It tells who is given materials for making a mattress  
and how to go about applying for them.

Extension and GHOST OPINION. M. N. Beeler. (Capper's Farmer, Vol.  
Organization 52, No. 11, pp. 9, 39, November 1941.) Explains the  
system by which trained writers in the United States  
Department of Agriculture prepare press releases for use in the 48  
States.

Extension and WOMEN'S PART IN DEFENSE. Margaret A. Boast. (Missouri  
Organization Ruralist, Vol. 82, No. 23, pp. 11, 13, November 8,  
1941.) A report of the Farm and Home Week held at  
the University of Missouri.

Extension and HOW TO SUPERVISE PEOPLE. Alfred M. Cooper. (McGraw-  
Organization Hill Book Co. Inc., New York, 1941, 150 pp.) The  
chapters are: How to become a supervisor; The respon-  
sibilities that come with authority; The physical condition of your  
subordinates; How to develop group morale; The qualities of leader-  
ship; This thing called cooperation; Hiring, reprimanding, and firing;  
When and how to delegate authority; The supervisor as a teacher;  
Questions for group discussion.

Extension and THE CONFERENCE PROCESS. Hobart Young. (The American  
Organization Journal of Sociology, Vol. 46, March 1941.) Confer-  
ences may be democratic, some propagandistic, and  
some dictatorial; and the capable participant should be able to dis-  
tinguish the differences in them. The article suggests factors which  
make for the success or failure of conferences and of certain indi-  
viduals taking part in them.

Extension and TECHNICAL TEDIOUS OR OTHERWISE. R. W. Crum. (Mechan-  
Organization ical Engineering, Vol. 63, No. 10, pp. 729-730, Octo-  
ber 1941.) Some suggestions for a technical talk or  
paper presented at a scientific meeting.

Extension and A CAREER AS A COUNTY NEIGHBOR. Frances Maule. (Fore-  
Organization cast, Vol. 57, No. 7, pp. 26-28, 82, 84, 86-87, Sep-  
tember 1941.) Describes the work of a home demonstra-  
tion agent and the preparation needed for this work.

Housing      PERFORMANCE OF A HOT-WATER HEATING SYSTEM IN THE RESEARCH HOME. A. P. Kratz, M. H. Fahnestock, W. S. Harris, and R. J. Martin. (Heating-Piping and Air Conditioning, Vol. 13, No. 12, pp. 766-773, December 1941.) A progress report of studies of heating a dwelling house.

Housing      FOREST PRODUCTS LABORATORY'S NEW WOOD DEVELOPMENT OPENS GREAT POSSIBILITIES TO LUMBER INDUSTRY. (American Lumberman, No. 3215, pp. 36-37, October 18, 1941.) Describes a new method of treating wood so that veneers can be pressed into solid and stronger pieces.

Housing      ROOF FRAMING. Richard M. Van Gaasbeek. (Frederick J. Drake Co., Chicago, Ill., 1941, 270 pp.) This book tells how to frame roofs for houses. The gable, equal pitch, unequal pitch, curved rafter, conic roofs are described. It is technical, and intended for builders and advanced vocational schools.

Housing      BRITISH MONETARY POLICY AND HOUSING BOOM. Wolfgang F. Stolper. (Quarterly Journal of Economics, Vol. 56, No. 1, Part II, 170 pp., November 1941.) The chapters in this part are: Survey of the problem; cost of building; rents, rent constriction, and "conservative investments"; the demand for houses; the influence of monetary policy; and summary.

Housing      "MUSTS" WHEN I BUILD. (The American Home, Vol. 26, No. 6, pp. 56-59, November 1941.) Suggestions for planning a comfortable home in which many common annoyances are avoided.

Housing      WE ALWAYS PAINT "RENTED" WALLPAPER! Alberta Phillips. (The American Home, Vol. 26, No. 6, pp. 72-73, November 1941.) Describes how to cover unsightly wallpaper with casein paint.

Housing      HOW TO BUY OR BUILD YOUR HOME WISELY. Roland K. Abercrombie. (Macmillan Co., New York, 1941, pp. xii+156.) The purpose of this book is to provide information to help in buying or building a home. The parts of the book are: Choosing and investigating; costs and values; buying the home; building and protecting the home. It tells how to estimate the cost of a house; how to judge; how much one should spend for a home; the kinds of contracts to enter into; and discusses certain laws governing the ownership of homesteads.

Housing PRESENTING AN "EXTENSIBLE HOUSE" - R. E. Sangster.  
(American Builder, Vol. 63, No. 12, pp. 44-45, December 1941.) With diagrams of floor plans this article shows how a four-room-house design may be developed into several different types of larger houses. The intent of this article is to show how a small home may provide needed shelter while conserving critical building materials.

Housing THE HOME OF THE FUTURE. Arthur Train, Jr. (Science Digest, Vol. 11, No. 2, pp. 9-13, February 1942.) This article is condensed from a part of the book entitled "The Story of Everyday Things" by the same author, and published by Harper Bros., New York, 1941. It begins by saying: "Have you an electric pig in your kitchen to grind up the garbage?" "Is your home guarded by an electric eye?" It then tells the things that may happen to the lives of the average person in the future and what has happened already in the past 20 or 30 years, and suggests some changes that will take place in architecture. It says that noise and dirt will disappear, appliances for heat and light will become a part of the wall, and the house a part of the landscape. It also says that typical of the future home is that amazing service servant, the photoelectric cell, which, in addition to measuring the amount of illumination, can open garage doors and the door between the kitchen and the dining room. It predicts that furniture will grow less conspicuous and all but burrow into the floor.

Housing THIS COUNTRY OF OURS - BUILDING A SMALL HOME IS A DEFENSE PROJECT. (American Lumberman, No. 3212, pp. 29, 37, September 6, 1941.) This article explains why the private home may be considered an integral part of the defense program, because of the effect of home owning on the individual. The home as a provision against the uncertain circumstances of life that will follow the war, the effect of home building on national income, and the effect of home building in relation to priorities are discussed. It compares home owning with defense saving and says that both of these are always worth what is paid for them. It particularly stresses the importance of the home in the \$5,000 or less class and says that owning such a home gives citizens a stake in their Government and in their land. Building such a home also will help to keep alive the second largest industry in the United States.

Housing HOUSING FOR DEFENSE: A REVIEW OF THE ROLE OF HOUSING IN RELATION TO AMERICA'S DEFENSE AND A PROGRAM FOR ACTION. Miles L. Colean. (The Twentieth Century Fund, New York, 1940, xx+198 pp.) This book not only contains factual findings but also the program outlined by The Housing Committee of the Twentieth Century Fund Housing Survey. The contents include discussion of the experience of the last war in the field of housing, problems that are different at the present time, and a notation of where defense activities are being built up and where housing is going to be most needed. It also discusses new houses, construction and finance, and the role of Government in producing adequate housing.

Textiles and Clothing DESIGNING BY DRAPING. (International Educational Publishing Co., 1936, 54 pp., illus., mimeographed.) This bulletin, illustrated with numerous diagrams, explains the principles of draping garments for women.

Textiles and Clothing WHY THE SHOE PINCHES. Carol Willis Moffett. (Journal of Home Economics, Vol. 34, No. 1, pp. 13-16, January 1942.) Topics discussed: Shoe expenditures, traditional shoe standards, the shoe last, fitting the customer, "health" shoes, medical knowledge needed, and how to buy shoes today.

Textiles and Clothing BETTER BUYMANSHIP. No. 23. Fabrics. (Household Finance Corporation, 919 North Michigan Avenue, Chicago, Ill., 40 pp., undated.) This bulletin is intended to aid in the selection of fabrics.

Textiles and Clothing SELLING MEN'S SHIRTS. Zelma Bendure. (Fairchild Retail Selling Division, reprint Aug. 6, 1941, Men's Wear, 8 East Thirteenth Street, N. Y., 44 pp., illus.) Some topics covered in this manual are: Invention of cutting, button-hole, and button-sewing machines; the evolution of the shirt; planning, designing, drafting, and making shirts; sizes, fabrics, and styles; cotton and its qualities; and the basic weaves of shirt fabrics.

Textiles and Clothing NATIONAL DEFENSE AND DYESTUFFS. Henry F. Herrmann. (Textile Bulletin, Vol. 61, No. 9, pp. 9-10, 35-37, January 1, 1942.) Discusses the need for materials used for making dyes for the manufacture of materials of war other than clothing.

Textiles and Clothing SELLING CHILDREN'S WEAR. Zelma Bendure. (Sales Manual prepared by Fairchild Retail Selling Division, Women's Wear Daily, 8 East Thirteenth Street, New York, 32 pp., illus.) The contents of this manual include parts on style, fashion, weaves of fabrics, and special fabric finishes. The part on The Weaves in the Woven Fabrics You Sell is illustrated to show the construction of typical fabrics, and the text contains detailed descriptions of these, including the types of finishes and yarns used.

Textiles and Clothing A NEW DEFINITION OF "WOOL" AFFECTS KNITTING YARN TRADE: "FREE" KNITTING YARNS. (Textile, Mercury and Drugs, Vol. 105, No. 2733, pp. 117, August 8, 1941.) A brief item which says that a British "consumer rationing order" now puts all sorts of animal fibers into the wool group so that none of these are exempt from price control and they are no longer in a preferential position, which will curtail their use in the future.

Textiles and Clothing PULLING HATS OUT OF RABBITS. Roger Burlingame. (Popular Science, Vol. 139, No. 5, pp. 52, 58, illus., November 1941.) The author states that everybody has a hat but few people know anything about the skillful work required to turn a bunny's fur into a "headpiece." He describes the way the hair is clipped from the rabbit; the operation which gives the fur its felting capacity and how it is made into a large cone which when shrunk and shaped forms a hat. The hat is then stiffened by injecting a solution of water and shellac and finally brimmed and shaped. In the making of hats, millions of gallons of water are used every day and every drop of this must be tested hourly, for the water must be clean, soft, and slightly acid. The author says that at the present time one of the problems facing the hat industry is a shortage of rabbit fur due to the war. American rabbits do not produce so fine a quality of fur as the European, and they are not produced in sufficient quantity to fill the industry's need.

Textiles and Clothing IRONING A SHIRT. H. C. K. (Homes and Gardens, Vol. 22, No. 12, pp. 450-451, May 1941.) With a series of eight pictures and legends, instructions are given for ironing a shirt.

Textiles and Clothing REMOVING STAINS FROM FABRICS. D. M. Amalsab. (Textile Colorist, Vol. 63, No. 754, pp. 582-583, October 1941.) Describes the solvent, the chemical absorption, and hot-application methods of removing stains.

Textiles and Clothing "DEFENSE" GARMENTS WITH STYLE. Virginia Jewell. (Cotton, Vol. 105, No. 12, pp. 72-73, December 1941.) The illustrations show and the text describes cotton garments designed by the Cotton Textile Institute and the National Cotton Council for use in defense work. Besides style, safety is considered.

Textiles and Clothing SELLING TOWELS. Zelma Bendure. (Retail Selling Division, Daily News Record, 8 East Thirteenth Street, New York, No. 212, Whole No. 15743, Section Two, 28 pp., September 10, 1941.) The subjects in this manual include weaves, fibers and yarns, textures, and sizes and absorbency of towels. Common weaves used in toweling are illustrated. These include plain, twill, herringbone, satin, terry, chenille, crash, dobby, jacquard, and huck.

Textiles and Clothing SELLING GLOVES. Zelma Bendure. (Retail Selling Division, Women's Wear Daily, 8 East Thirteenth Street, New York, 28 pp., illus., September 12, 1941.) This manual includes parts on: Know the leathers from which gloves are made and their origin; How raw skins become leather; Glove leathers and how they are finished; The leather becomes the glove. Workmanship in gloves; Importance of fabric gloves; Glove fashions; This is how you clean your gloves; and The age-old story of gloves. All parts are profusely illustrated. The steps in making leather are carefully explained, including how they are given special finishes, cut and sewed for making gloves, and how they should be washed or cleaned.

Food and NUTRITION AND DEFENSE. Agnes Fay Morgan. (American Nutrition Journal of Digestive Diseases, Vol. 8, No. 5, pp. 156-160, May 1941.) In America's food supply, there are plenty of calories but in other ways there are food deficiencies. The farmer's choice of the crop is fixed more by the kind of soil and climate his farm has than by anything else, but he still has some leeway for choice as to varieties he may raise. The article also discusses how processing has changed our food and our nutrition, and the danger in fortifying foods.

Food and WHAT A DOCTOR THINKS ABOUT NUTRITION. Howard H. Beard. Nutrition (Farm and Ranch, Vol. 60, No. 9, pp. 37, September 1941.) Discussion of the nutrition problems to be solved for national defense. It points out the importance of minerals and vitamins in the diet.

Food and THE DOMESTIC ARTS EDITION OF THE AMERICAN WOMAN'S COOK Nutrition BOOK. (Domestic Arts Institute, 407 South Dearborn Street, Chicago, Ill., 1941, pp. vi+816, illus.) A revised edition. In the front of this book are useful facts about food and the buying of food, menu planning, table setting and service, and carving.

Food and INFLUENCES OF CERTAIN FRUIT JUICES ON GASTRIC FUNCTION. Nutrition Howard W. Haggard and Leon A. Greenberg. (American Journal of Digestive Diseases, Vol. 8, No. 5, pp. 163-170, May 1941.) A report of studies of the effect of fruit juices on gastric function and the emptying time of the stomach. Some conclusions reached are that all fruit juices delayed slightly the emptying time of the stomach after a meal of carbohydrates, and some delay was found when pineapple juice was used with a meal of protein. This juice, however, stimulated peptic activities.

Food and FOODS FOR DEFENSE. John E. Canning. (Journal of Nutrition Farm Economics, Vol. 23, No. 4, pp. 697-711, November 1941.) This article discusses recent production and consumption rates and six objectives of food plans. These include adequate food for current civilian maintenance; for aid to Allies at the time of their need; for diplomatic threat; for propaganda promise; for peace-time bargaining power; and for postwar contingencies. Plans for attaining these ends are suggested.

Food and A RURAL SCHOOL. Ada M. Moser. (Journal of Home Economics, Vol. 34, No. 1, pp. 22-24, January 1942.) A Nutrition preliminary report of a study being made in South Carolina to determine the effects of a good school lunch. The plan of the study is described, the reasons given for the assumption that a school lunch served at 10:30 (morning recess) was more beneficial than a lunch at noon when the children ate the box lunches brought from home.

Food and  
Nutrition

A KITCHEN MANUAL. Sheila Hibben. (Duell, Sloan and Pearce, New York, 1941, pp. xv-231.) A cookbook.

Food and  
Nutrition

THE STORY OF COOKING. L. Lamprey. (Frederick A. Stokes Co., New York, 1940, 262 pp.) Describes the first use of fire in cooking and the various devices used in cooking throughout the world; the use of cereals and making of bread among primitive people; the art of dining in different ages, and the modern handling of food.

Food and  
Nutrition

EATING FOR DEFENSE. Mary Hornaday. (American Cookery. Vol. 47, No. 6, pp. 263, 284, January 1942.) Outlines the importance of good nutrition in winning the war - and suggests how this is being attained.

Food and  
Nutrition

YOU'RE A ONE-MAN JURY WHEN IT COMES TO EGGS. (The American Restaurant Magazine, Vol. 25, No. 8, pp. 40-41, August 1941.) Tells how to recognize the quality of eggs. Explains the meaning of grade terms.

Food and  
Nutrition

THE POSITION OF THOSE WHO ADD SYNTHETIC VITAMINS TO CONFECTIONERY. Earl Pancoast. (Confectioners' Journal, Vol. 68, No. 804, pp. 25, 36, January 1942.) Discusses what improvements may legitimately be made in nutrients of confections, and points out what are illegal dietary claims.

Food and  
Nutrition

VITAMINS ARE GOOD FOOD. Louise Stanley. (National Parent-Teacher, Vol. 36, No. 5, p. 18, January 1942.) It states that the best way for normal persons to get their vitamins is from well-planned, adequate diets, lists sources of the six best-known vitamins, and tells how to conserve them in food preparation.

Food and  
Nutrition

THE VITAMIN CONTENT OF MEAT. Harry A. Waisman and C. A. Elvehjem. (Burgess Pub. Co., 426 So. 6th St., Minneapolis, Minn., 210 pp. 1941.) Processed.) This is a compilation of reports of studies on nutritive value of meat and meat products. Individual chapters are devoted to the more important nutrients such as vitamins A, D, and B Complex. A summary chapter is included which gives general values for the vitamin content of most important forms of meat products.

United States Department of Agriculture  
U. S. AGRICULTURE EXTENSION SERVICE  
Washington, D. C.

No. 507

February 25, 1942

TO HOME-ECONOMICS EXTENSION WORKERS:

Herewith are given references to certain books and home-economics literature that may be of interest to you. Before writing for further information about these references, please consult your librarian.

Sincerely yours,

*Edith L. Allen*

Edith L. Allen  
Assistant Home Economist

Management QUANTITY AND COST BUDGET FOR A SINGLE WORKING WOMAN.  
Heller Committee for Research in Social Economics.  
(University of California Press, Berkeley, Calif. March  
1940, 10 pp.) A report of average expenditures of single women with-  
out dependents on which they can have goods and services that will  
provide a living of accepted standards of health and decency.

Management MONEY MANAGEMENT PRINCIPLES. (Household Finance Corpora-  
tion, Chicago, Ill., 1941, 24 pp. paper.) Suggestions  
for living within the family income. It tells how to  
plan, what family objectives to consider, how to hold a family confer-  
ence, and some ways to reduce living costs.

Management A COURSE IN CONSUMER EDUCATION. Social Sciences XLIX+39.  
Norma C. Allertz, Lucius W. Dye, and Fred T. Wilhelms,  
Collaborator. (University of Nebraska Teachers College  
and University Extension Division, Lincoln, Nebr. 1939.) A study  
course of consumption and consumer education prepared by the Edu-  
cation Division of the Works Progress Administration for Nebraska in  
cooperation with the Teachers College and University Extension Divi-  
sion of the University of Nebraska.

Management CONSUMERS IN CIVILIAN DEFENSE. Harriet Elliott. (What's  
New in Home Economics, Vol. 6, No. 5, pp. 14, 36, 38-40,  
42, January 1942.) This gives the history of the re-  
sponsibility of the consumer in shifting their buying from one type  
of goods to another and giving up the old rule of thumb and finger  
tests for more modern ones. It then discusses how we now must give  
more attention to the complex problems of buying a living as con-  
trasted with centering our attention on earning money with which to  
buy.

Management CONCERN'S OF HOUSEHOLD WORKERS: PROGRAM WITH HOUSEHOLD WORKERS IN THE Y. W. C. A. Jean Collier Brown. (The Woman's Press, New York, 1941, pp. 167.) This book tells how the Young Women's Christian Association is assisting household employees to get better conditions for work and living quarters. It tells of the organization of household employees' club and Y. W. C. A. training programs for household employees. It discusses Federal and other legislation programs relating to household employees or of benefit to them. Household employment standards are outlined and a health program for employees. It says that about half of all domestic workers in 1930 were Negroes, and in household employment were found nearly half the Negro employed women in this country. Expresses the fact that the needs of household employees are identical with those of other girls. They need companionship, recreation, help with personal problems, personal development, aid with health problems; and for understanding their job problems they need help to become oriented in the community and in understanding national and international problems.

Management AMERICA'S HOUSEKEEPING BOOK. New York Herald Tribune Home Institute. (Chas. Scribner's Sons, New York, 1941, 607 pp.) A manual for the housewife which tells how to organize a home and what are the modern methods of housekeeping. It also analyzes the operation and maintenance of the home. Directions are given for the cleaning and upkeep of furnishings.

Management CHANGING YOUR FINANCIAL PATTERN. Mary Berkeley Finke. (Woman's Home Companion, Vol. 1, No. 1, pp. 4-5, January 1942.) The fitting of the budget to raising prices and taxes.

Management LIFE WITHOUT A MAID: A NEW ENGLAND HOUSEWIFE FACES THE KITCHEN LABOR PROBLEM. Barbara B. Paine. (American Cookery, Vol. 47, No. 5, pp. 245, 247, December 1941.) Tells how the author managed her housekeeping without a maid and what things had to be left undone. It advises washing dishes once a day as a way to conserve time and energy. Also to clean once a week rather than spoiling each day by a little scrubbing, vacuum cleaning, and extra washing.

Management A GUIDE TO INFORMATIVE GRADE LABELING. (The Great Atlantic and Pacific Tea Co., 19 West Forty-fourth St., New York, N. Y. 6 pp., December 1941.) Supplemented with samples of informative grade labels. The folder discusses a grade labeling program and how it works. It tells where other study material on grade labeling may be obtained.

Handicraft WHISTLING-JACKKNIFE TECHNIQUE. W. Ben Hunt. (Industrial Arts and Vocational Education, Vol. 31, No. 2, pp. 78-80, February 1942.) With numerous illustrations this article, which is a continuation of one in the January 1942 issue, shows just how certain birds are carved.

Handicraft THE WORK BASKET EMBROIDERY BOOK. Ruth White Spears. (M. Barrows & Co., New York, 1941, vii+127 pp.) This book, which is small enough in dimensions to fit into a workbasket, gives instructions for such embroidery work as needle-point, tapestry stitches, smocking, fagoting, hemstitching, and the other standard stitches used in trimming and fancy work. In fact, more than 150 stitches are illustrated.

Handicrafts NEW STENCILS AND THEIR USE. Fred Norman Vanderwalker. (Frederick J. Drake & Co., Chicago, Ill., 1941, 148 pp.) This book explains the value, use, and abuse of stencil decoration and tells how to design, make, and apply stencils. Much space is given to color and color harmony.

Handicraft BASKET PIONEERING. Osma Palmer Couch. (Orange Judd Publishing Co., Inc., New York, 1940, 163 pp.) A textbook which tells how to make many varieties of basket weaves, shapes, borders, lids, handles, and the sources of materials.

Handicraft EXHIBIT OF LATIN AMERICAN SILVER AT THE PAN AMERICAN UNION. Mrs. Hugh Allison Greenwood. (Bulletin of the Pan American Union, Vol. 76, No. 1, pp. 18-31, illus., January 1942.) A description of the silver and gold handicraft work of Mexico, Central and South American natives, some of which is very old. It tells how the various articles exhibited were formed.

Handicraft COUNTRY CRAFT SHOP SPECIALIZES IN QUALITY. (Wisconsin Agriculturist and Farmer, Vol. 68, No. 26, p. 16, December 27, 1941.) A story of the founding of a country craft shop in Waukesha County, Wis., in which all the articles sold are home-made by the people in the community. It tells how it was first started and the standards maintained. It says that the owner welcomes work if it measures up to four standards: It must be of good material; of good workmanship; salable; and priced right. It warns that crocheted things do not sell readily, but that novelties go fast, and baby things are good. Braided rugs are also salable. One rule is that you can sell things in this shop only if you take them there and talk to the owner personally, or unless they are of top quality and material and workmanship.

LEATHER CRAFT. (Popular Science, Vol. 139, No. 4, Handicraft pp. 168, 169, October 1941.) Discusses cracked leathers, making designs and patterns, laying out and cutting, and outline tooling of leather.

LET'S IDLE AWHILE AND WHITTLE. Amanda Watkins. (Better Homes & Gardens, Vol. 20, No. 3, pp. 96-98, November 1941.) An explanation of how to carve figurines from wood. It recommends whittling as the first kind of family hobby, because the only tools needed are a sharp knife and a few blocks of soft wood. While one whittles one can enter into conversations which will tend to bring a family closer together in understanding on one another. The woods recommended are cedar, mahogany, and walnut.

SOMETHING NEW IN RUGS. Mary M. Atwater. (The Weaver, Handicraft Vol. 6, No. 4, pp. 11, 16, October-November 1941.) A description of a method of rugmaking which the author calls two-warp technique, which requires the use of a loom equipped with two warp beams. These, she says, are neither difficult nor expensive to add to transform a one-warp beam into a two-warp beam loom. She then tells how to weave on this loom to make rugs which from the illustration look like double ingrained carpeting.

GOURDS OF THE SOUTHEASTERN INDIANS. Geo. G. Speck. Handicraft (New England Gourd Society, Horticultural Hall, Boston, Mass., 1941, pp. 113, illus.) This book describes the gourds raised in the southeastern part of the United States and tells how the Indians of this area used them for various purposes. It also tells how to decorate them, and describes those that are edible.

GENERAL PLASTICS. Raymond Cherry. (McKnight & McKnight, Handicraft Bloomington, Ill., 1941, pp. 128, illus.) This book describes the new plastics now on the market and tells how they may be utilized in various handicrafts. It suggests the list of tools and supplies to be used and presents layouts and step-by-step procedure for working out various projects. Some projects include articles such as letter openers, shade pulls, belt slides, house numbers, dress clips, blotter-pad corners, paperweights, ashtrays, and many others.

WOMEN OF THE WEST. Anna Dee Weaver. (Nebraska Farmer, Handicraft Vol. 84, No. 1, pp. 10, January 10, 1942.) This item tells how a Dawson County, Nebr., farm woman found her hidden talent and became a sculptress. Her interest began when her son brought some modeling clay from school and she attempted making a figurine. It then tells how she gradually improved her technique and went on to make other little figures of animals and people with whom she was familiar.

Equipment      BLACKOUT PROTECTION SUPPLIES. (Electrical World, Vol. 117, No. 2, p. 56, January 10, 1942.) This item says that lack of material and the fact that nobody knows exactly what is wanted or needed is one of the reasons for the confusion about providing blackout protection. Someone should also determine whether blue or white lights have greater visibility.

Equipment      TEMPERATURE AS A HEALTH FACTOR IN AIR CONDITIONING. F. W. Hutchinson. (Heating & Ventilating, Vol. 38, No. 12, pp. 27-29, December 1941.) This article discusses industrial air conditioning and the factors which determine the temperatures used in a certain place; how the blood stream acts as nature's air-conditioning system; how the heart acts; and how heat lowers blood pressure in air conditioning.

Equipment      DIRECTORIE AND EMPIRE. No author. (House & Gardens, Vol. 81, No. 1, pp. 25-29, January 1942.) The final instalment of the dictionary of periodic decoration including historic setting, authentic originals, or decorative styles with adaptations published in six numbers of this magazine. It is profusely illustrated with diagrams of wall treatment, exteriors, furniture, fireplace design, draperies, and accessories used during the period.

Equipment      HOME EXPERIMENTS EXPLAIN THE MAGIC OF COLD FROM CHEMISTRY. Kenneth M. Swezey. (Popular Science, Vol. 139, No. 4, pp. 197-199, October 1941.) With illustrations and directions for simple chemical experiments, this article explains how mechanical refrigerators work.

Equipment      ILLUMINATING YOUR HOME: FOR COMFORT, BEAUTY AND EFFICIENCY. Walter E. Burton. (Popular Science, Vol. 139, No. 3, pp. 138-145, illus., September 1941.) This article explains the importance of good lighting in the home and cites a study which showed that students in a well-lighted classroom advanced 10 percent faster in educational age than those in a poorly lighted room. It outlines the illumination needed for many kinds of recreational and workplaces in the home.

Equipment      GENERAL SHOP ELECTRICITY. A. W. Dragoo and Kenneth L. Dragoo. (McKnight & McKnight, Bloomington, Ill., 1941, 124 pp., illus.) A manual consisting of wiring diagrams, circuit layouts, wiring plans, descriptions of fundamental electrical connection, basic theoretical information, and interesting electrical projects suitable for teaching electricity to students in high school. It offers material which might be used by the homemaker in learning to keep the home in good condition.

Equipment      LIGHT FOR BETTER SIGHT. Barbara Lucas. (Michigan Farmer, Vol. 198, No. 9, p. 13, November 1, 1941.) Describes the location and amount of light desirable for different activities in the home.

Equipment      GEARING HOUSEHOLD EQUIPMENT PROGRAMS TO PRESENT DEFENSE NEEDS. Clara O. Nale. (Journal of Home Economics, Vol. 33, No. 9, pp. 644-648, November 1941.) Explains how electricity can help on the farm and in community centers to aid in the national nutrition program.

Equipment      BUILD A VITAMIN BIN NOW. (The Southern Pacific Rural Press. Vol. 142, No. 10, pp. 310-311, November 15, 1941.) A description of a box garden with a muslin cover to keep out excess sun or cold so that it becomes a year-round garden in which green vegetables in certain localities may be produced.

Equipment      SAVE THAT COAL. (Consumer Division Office of Price Administration, No. 19, 20 pp., December 15, 1941.) Tells how to avoid waste in firing a furnace. There is included a chart showing damper adjustment. The author advises the use of automatic controls by home owners to insure more efficient consumption of fuel and the elimination of waste through overheating.

Equipment      GETTING THE MOST FROM YOUR WASHING MACHINE. (Ohio Farmer, Vol. 188, No. 13, p. 8, December 27, 1941.) Instructions for the use of a washing machine including sorting, soaking, soaping, and rinsing the clothes and cleaning the machine after the washing is done.

Equipment      NEWS NOTES. (Practical Home Economics, Vol. 19, No. 7, p. 257, July - August 1941.) A brief item under this heading describes an awning-like fixture or a place on a roof which is a clever device for using the sun to heat water for home use. It consists of glass over a bed of coils. The integral working of this device is shown by a diagram. The question is asked: What happens if the sun doesn't shine? And the answer is given that insulated storage tanks are provided which hold from 60 to 150 gallons of water. Since the water reached a temperature of 205° F. or higher with this much storage space, it is possible to keep the water hot in a tank for 60 to 80 hours after the sun has ceased to make its appearance.

Food and  
Nutrition

NEW ORLEANS COOK BOOK. Lena Richard. (Houghton,  
Mifflin Co., Boston, 1940, 145 pp.) A cookbook.

Food and  
Nutrition

STABILITY OF HOMOGENIZED MILK IN COOKERY PRACTICE.  
Herbert Hollender and K. G. Weckel. (Food Research,  
Vol. 6, No. 4, pp. 335-343, July-August 1941.) A re-  
port of a study in which some of the conclusions reached are that  
the tension in custards was less when homogenized milk was used and  
the serum separation was greater when cooking was prolonged. The cook-  
ing of cereals with milk showed that the stability of homogenized milk  
was definitely less than unhomogenized.

Food and  
Nutrition

FISH AND SEA FOOD COOK BOOK. Cora, Rose, and Bob Brown.  
(J. Lippincott Co., Philadelphia, Pa., 1940, 347 pp.)

Food and  
Nutrition

VITAMIN RESTORATION OF FOODS AS VIEWED BY THE PHYSICIAN.  
Russell M. Wilder. (Scientific Monthly, Vol. 53 No. 4,  
pp. 295-302, October 1941.) A discussion of the fortifi-  
cation of foods with vitamins and other elements. The first such  
effort was made in 1855 when natural sea salt or salt containing potas-  
sium iodide was added to food. Most of the fortification now being  
recommended is really a restoration of lost elements in a particular  
food.

Food and  
Nutrition

FOODS OF OUR FOREFATHERS. Gertrude I. Thomas. (F. A.  
Davis Co., Philadelphia, 1941, Vol. 7, 238 pp.) A  
history of the foods used in early American homes,  
which includes recipes.

Food and  
Nutrition

"FOR HEALTH AND STRENGTH AND DAILY FOOD WE PRAISE THY  
NAME, OH LORD." (Wisconsin Agriculturist and Farmer,  
Vol. 68, No. 23, p. 12, November 15, 1941.) The essen-  
tial goods for strength and health are suggested with an outline for  
"every day's meals."

Food and  
Nutrition

AGRICULTURE'S ANSWER TO INFLATION. Donald R. James.  
(Dynamic America, Vol. 13, No. 6, pp. 5-7, December  
1941.) Among other statements this article says that  
our own people in the United States, let alone the British, are under-  
fed. To really provide adequate milk and cheese requires three-fourths  
more consumption of fluid milk than what has been in use, and in volume  
this means 295 quarts of milk a person per annum instead of 168 as at  
present. Also twice as many vegetables should be consumed. The in-  
creased food consumption can now be accomplished since the Department  
of Agriculture is cooperating democratically with farmers to keep the  
production of farm commodities at the desired level. The author then  
explains how at times the farmers actually have subsidized city people  
because of the low returns the farmer received on his capital and labor,  
and how planning for production is intended to prevent hardship on any  
group, particularly when this present struggle for freedom ends.

Food and THE PHILADELPHIA COOK BOOK OF TOWN AND COUNTRY. Anna  
Nutrition Weatherill Reed. (M. Barrows & Co., Inc., New York,  
in the past. 1940, 346 pp.) A collection of recipes and menus used

Food and NUTRITIONAL CHARTS. (H. J. Heinz Co., Pittsburgh, Pa.,  
Nutrition 1941, 39 pp., paper.) This new edition contains added  
sections in tabular form on unsaturated fatty acids,  
inositol, and the newer members of the vitamin family. There is also  
a new section on "The Application of the Science of Nutrition to  
Dietetics." Other tables have been revised.

Food and CHANGES IN DIETARY VALUE DURING FOOD PRESERVATION.  
Nutrition W. V. Cruess. (The Fruit Products Journal and American  
Vinegar Industry, Vol. 21, No. 2, pp. 40-42, October  
1941.) Brief references to many recent investigations of changes in  
dietary values of food during food preservation. Some conclusions  
reached are that there is no inherent virtue to rawness in foods;  
little loss of vitamin C occurs in freezing storage if temperature is  
kept at 10° F. or lower, but 16 to 15 percent occurs in blanching  
before freezing.

Food and THE FROZEN FOOD INDUSTRY. Harry Carlton. (University  
Nutrition of Tennessee Press, Knoxville, 1941, 187 pp.) In  
addition to giving the history of the frozen-food in-  
dustry, this book discusses vitamin content, blanching, and factors  
relating to frozen foods. One part deals with preparation of frozen  
food.

Food and THE COMPOSITION OF SOME BEVERAGES AND MEAT TENDERIZERS  
Nutrition PREPARED FROM FLORIDA PAPAYAS. George N. Pulley and  
Harry W. Von Loesecke. (The Fruit Product Journal and  
American Vinegar Industry, Vol. 21, No. 2, pp. 37-39, 57, 59, 61.  
October 1941.) A report which shows the composition of the papayas.  
This substance is used in tenderizing meat.

Food and RETENTION OF VITAMINS BY DRIED FRUITS AND VEGETABLES.  
Nutrition E. M. Mrak. (The Fruit Products Journal and American  
Vinegar Industry, Vol. 21, No. 1, pp. 13-14, September  
1941.) The results of the study reported here show that steam blanch-  
ing tends to preserve vitamins A, B<sub>1</sub>, and C in dehydrated vegetables  
as does rapid drying of carrots and spinach. Sulfuring tends to  
destroy B<sub>1</sub>. Vitamin destruction in storage is related to time and  
temperature storage, also to moisture content of the fruit.

Food and SOCIAL IMPLICATIONS OF VITAMINS. Robert R. Williams.  
Nutrition (Science, Vol. 94, No. 2447, pp. 471-475, November 21,  
1941.) The chemical composition of plants and animals  
and the role vitamins play in regulating growth and keeping them in  
health are discussed. This article is to be concluded in a later issue.

United States Department of Agriculture  
EXTENSION SERVICE  
Washington, D. C.

No. 508

March 11, 1942

## TO HOME-ECONOMICS EXTENSION WORKERS:

Herewith are given references to certain books and home-economics literature that may be of interest to you. Before writing for further information about these references, please consult your librarian.

Sincerely,

Edith L. Allen

Edith L. Allen  
Assistant Home Economist

Housing . . . . . FARM BUILDING. J. C. Wooley. (University Cooperative Store, Columbia, Mo., 1936, pp. ii+266. Processed.) A testbook on the construction and equipment of farm buildings, including housing. It not only discusses plans and construction, but the differences in heating by furnaces, stoves, and fireplaces, and the various kinds of sewage systems for farm homes.

Housing 16 PLANS FOR KITCHEN EAT-SPOTS. Peter Stuyvesant, Jr. (Better Homes and Gardens, Vol. 20, No. 5, pp. 44-45, illus., January 1942.) This article consists of sixteen diagrams of kitchen-floor-space arrangement and the provision made for eating in these differently shaped rooms. A legend describes each.

Housing AWARDS IN OUR \$1,000 CONTEST: "THE HOME YOU WOULD LIKE TO BUILD." Henry A. Saylor. (Popular Science, vol. 139, No. 4, pp. 138-152, October 1941.) This article tells how the prize winning homes were selected, and explains the various measures used in judging a house. It also gives some ideas gleaned from the plans submitted.

Housing

HOW TO CUT FUEL BILLS BY REDUCING HEAT LOSSES. Carl T. Sigman, Wm. J. Ward, Jr. (Popular Science, vol. 139, No. 5, pp. 156-161, illus., November 1941.) This article

tells how to insulate around doors and windows and between the walls of houses in order to maintain a given temperature without a great loss of heat. It says that with two shades fully drawn, heat from a radiator rises toward the ceiling with less loss than when only one shade is used. This is because of the dead air space between the two shades.

Housing

HOUSING FOR HEALTH: Paper presented under the auspices of the Committee on the Hygiene of Housing of the American Public Health Association. (Science Press Printing Co., Lancaster, Pa., 1941, pp. 221, illus. with graphs. Paper.) Some of the titles of the papers included are: Health and housing; Housing codes; Heating, lighting and noise conditions in recent housing projects; Heating and ventilation of the home; New possibilities in low-cost home construction; Family life as the basis for home planning; Social effects of good housing; and Certain characteristics of urban housing and their relation to sickness and accident.

Housing

NEW WALLS FOR OLD. Benjamin Nielsen. (Popular Science, vol. 139, No. 2, pp. 140-145, August 1941.) Detailed instructions for paperhanging, including removal of old paper from walls, making paste, cutting and applying the paper. This article is to be concluded in a later issue.

Housing

NEW WALLS FOR OLD: EASY TO FOLLOW DIRECTIONS FOR RE-DECORATING WITH WALLPAPER. Part II. (Popular Science, vol. 139, No. 3, pp. 150-154, illus., September 1941.)

This is a continuation of an article appearing in the August 1941 issue of this magazine, ending on page 140. The second part tells how to cut the paper in length and apply it to the wall.

Housing

CASE STUDIES IN LOW COST HOUSING. Deane G. Carter. (Agricultural Engineering, vol. 22, No. 12, pp. 427-428, December 1941.) A summary of studies of nine cases of low-cost housing in Arkansas. The cases are described in detail, the total cost of each given, a table shows the total cost and division between possible noncash contribution and necessary cash expenditures for such houses as these, the division of house values between labor and material, and division between common (unskilled) and skilled types of labor are also presented in other tables.

BETTER ADJUSTMENTS TO FAMILY LIVING. Priscilla Rowland.  
Education (Forecast, vol. 57, No. 9, pp. 13-15, 48-50, 52, 56, November 1941.) Says more instruction is being given in family relationships to high-school pupils because it has been found that young people in high school are more susceptible to such training than are college students. There is need for more data and factual information as to what makes for a better family life. A questionnaire is suggested.

FARM-FAMILY LIVING. Dudley M. Clements and others.  
Education (Federal Security Agency, U. S. Office of Education, Vocational Division Monograph No. 22, 11 pp., 1941. Superintendent of Documents, Washington, D. C. 5 cents.) An outline of the problems on family living which should be studied.

CONSUMER EDUCATION. Benjamin R. Andrews. (Teachers Education College Record, vol. 43, No. 3, pp. 199-210, December 1941.) The author discusses the development of consumer education and the points of view of new textbooks of each stage. He says the present defense emergency and the period just following will be largely a consumers' emergency and, therefore, more thoughtful attention should be given to education in this field.

HOME ECONOMICS IN PUBLIC HIGH SCHOOLS, 1938-1939.  
Education Federal Security Agency, United States Office of Education, (Vocational Div. Bul. No. 213, Home Econ. Ed. Ser. No. 24, 114 pp., 1941, Supt. of Docs., Govt. Ptg. Off., Washington, D. C. 20 cents.) Shows the extent of home economics taught in the elementary and high schools of the United States; 90 percent of the schools in places of more than 2,500 population offered home economics 1938-39, 65 percent of the schools in villages, and 57 percent of the schools in the open country.

A CRITIQUE OF THE COMMON METHOD OF ESTIMATING VOCABULARY SIZE, TOGETHER WITH SOME DATA ON THE ABSOLUTE WORD KNOWLEDGE OF EDUCATED ADULTS. George W. Hartmann.  
Education (Journal of Educational Psychology, vol. 32, No. 5, pp. 351-358, May 1941.) A report of a study of size of vocabulary of undergraduate students. In the conclusions it says scholars seem to have done grave injustice to the "man on the street" by assuming that his command of words is restricted to a few thousand, for the average undergraduate recognizes about 155,700 words, and even this figure appears to be an underestimate, according to some recent research.

HOW I PLANNED MY SUMMER PROGRAM. Eleanor A. Paulsgrove.  
Education (Forecast, vol. 57, No. 8, pp. 20-21, 54, 64. October 1941.) Describes home projects in home economics of vocational schools, which included gardening, clothing construction, and food preparation and preservation. The contract for the project signed by the student is shown.

Education TWO YEARS' EXPERIENCE IN A NUTRITION PROGRAM FOR NATIONAL DEFENSE. Frederick F. Tisdale. (American Journal of Public Health, vol. 31, No. 19, pp. 1289-92, December 1942.) This report says the nutritional surveys conducted across Canada by the Canadian Council on Nutrition indicate that a very considerable proportion of the Canadian population is not consuming a diet adequate for health. Part of this condition is due to low income, but most of it to lack of knowledge of the principles of nutrition. Nutritional educational work is being actively carried out in Canada now, and the women of that country are very much interested in the subject.

Education ELEMENTARY EDUCATION OF ADULTS. Ruth Kotinsky. (American Association for Adult Education, New York. 1941. pp. xii+205.) Some of the chapters are: Scope of the problem; The student; Instruction; Materials; Teachers and supervisors. This book is particularly designed to aid in the education of foreign born adults to meet naturalization requirements. It is designed to help unfortunates compensate for their inability to read and write. The questions raised in this study are: Does elementary education constitute a first conscious step toward fuller living; and Does citizenship education assure as wide a stride as may be in the direction of the intelligent and democratic participation in common affairs.

Education AN ART APPROACH TO EDUCATION. Fred Strickler. (A. G. Seiler, 1224 Amsterdam Avenue, New York, 1941, 216 pp.) This book deals with the problem of art as a part of general education and challenges many common practices. It is intended to awaken the reader to the possibilities of the worth of a more balanced art education. It discusses the use of books, knowing and doing; the nurture of appreciation; measurement of outcomes; personal attitudes; retarding influences; methods of individual instruction; and the use of the environment in art education.

Education READING COMPREHENSION OF ADULTS. Irving Lorge and Raphael Blau. (Teachers' College Record, vol. 43, No. 3, pp. 189-198, December 1941.) A report of a study which refutes the old idea that the "average reader" is one who can understand printed material only on the sixth-grade level or the kind of material that an average 12-year-old readily understands. It is found now that advertisers, publishers, and educators of adults can prepare material for the reading level of the average 13- or 14-year-olds and two-thirds of adult readers will comprehend it. But the adult comprehends many ideas that the young person of this age does not on account of lack of experience and background.

Textiles and  
Clothing

CROCHETED FASHIONS FOR SMALL ERY. Book No. 175. (Spool  
Cotton Co., 1941, 23 pp., illus.) Instructions for mak-  
ing crocheted dresses, sweaters, slippers, mittens, and  
caps for little folks.

Textiles and  
Clothing

KNITTING FOR VICTORY SHOULD BE GUIDED BY NEEDS REPORTED  
TO THE RED CROSS SAYS THE WAR PRODUCTION BOARD. (Victory,  
vol. 3, No. 5, p. 19, February 3, 1942.) This item says  
that the average soldier and sailor is adequately clothed by the Govern-  
ment and doesn't need additional clothing; so, on the whole, a broad wave  
of knitting that will consume millions of pounds of wool, that is needed  
for more essential purposes, is not wanted. In special cases where addi-  
tional knitted garments are wanted, a recommendation for their construc-  
tion can be given, and then there will be no waste of material, to say  
nothing of labor.

Textiles and  
Clothing

CONSERVATION: SIMPLIFY WOMEN'S AND CHILDREN'S CLOTHES,  
SAVE WOOL FOR SOLDIERS, SAYS GUTHRIE. (Victory, vol. 3,  
No. 5, p. 16, February 3, 1942.) A recommendation made  
by the War Production Board urging that the per capita consumption of wear-  
ing apparel be reduced due to increasing shortages of raw material and the  
drain on workers who are needed in other activities. The women's coat and  
suit industry is also called upon to use its ingenuity in clothing the  
women of America warmly and stylishly while using substitutes instead of  
all-new wool.

Textiles and  
Clothing

A SERVICEABILITY STUDY OF FULL-FASHIONED COTTON HOSE  
FOR NURSES. Margaret B. Hays, Emma C. Petersen, and  
Viola C. Jelinek. (American Dyestuff Reporter, vol. 30,  
No. 19, pp. 471-478, 495-496, September 15, 1941.) A report of the study  
made by the Bureau of Home Economics in cooperation with student nurses in  
Garfield Memorial Hospital, Washington, D. C., on the wearing qualities of  
cotton hose. The conclusions reached are that the results of these tests  
did not correlate with the length of service of the four constructions of  
cotton hose tested. However there was a high correlation between the wales  
or gage and bursting strength when the hose were new but not after they  
were worn. Courses were not correlated with the strength of either the  
new or the worn hose. The type of welt was a significant source of varia-  
tion for the elastic properties of the hose. The students preferred the  
stretch welt hose, as they found them most comfortable.

Textiles and  
Clothing

LATCHING FULL-FASHIONED HOSE. (Cotton, vol. 106, No. 1,  
pp. 113-116, illus., January 1942.) This article ex-  
plains how to mend runners by latching or reknitting  
where the runners occurred. It points out the defects requiring latching  
and describes the various kinds of hooks used for this operation. It sug-  
gests basting around the runners which originate from a cut in the fabric.  
It explains how to latch runners in the leg-narrowing and other difficult  
points.

Textiles and Clothing      SYNTHETICS: THEIR PART IN TEXTILE FINISHING PROGRESS. Victor A. Schiffer. (Cotton, vol. 106, No. 1, pp. 54-56, 116, January 1942.) This article discusses resins of various types, permanent softeners, mothproofing materials, flameproofing finishes, water-repellent finishes, mildew-moldproofing, water-attracting finishes, shrinkproofing, odors and anti-odors for textiles.

Textiles and Clothing      AMERICAN COTTON HANDBOOK. G. R. Merrill, A. R. Macormac and H. R. Mauersberger. (The American Cotton Handbook Co., 303 Fifth Avenue, New York, 1941, pp. 20+1024, illus.) The author says this is a practical reference book for the entire cotton industry. Some chapter headings are: Historical background of the American cotton industry; Economic and statistical background of the cotton growing and manufacturing business; Ginning, classing, and marketing of cotton; Spinning, carding, and weaving cotton; Weaves and designs of cotton goods; Bleaching, mercerizing, and dyeing of cotton materials; Physical and chemical testing of fibers and fabrics; and The laundering of cotton materials.

Textiles and Clothing      CROCHETED TABLE CLOTHS AND LUNCHEON SETS. Book No. 179. (The Spool Cotton Co., 350 Fifth Avenue, New York City.) Instructions for making crocheted lace tablecloths.

Textiles and Clothing      CORSETS, BRAS, FEATURED IN QUIZ PROGRAM. (Women's Wear Daily, vol. 64, No. 20. January 29, 1942. p. 17.) With questions and answers this article explains how to fit a corset or brassiere properly, and gives the proportion in hip line and length and shoulder that explain why people of different type of build may wear the same size of garment.

Textiles and Clothing      READY TO WEAR. Dorothy McKenzie. (Capper's Farmer, vol. 53, No. 2. February 1942. pp. 30-31.) A discussion of the buying of ready-to-wear clothing as one may purchase it in any part of the United States. It points out the fact that rural women today study fashion trends assiduously, and traces the dress from the designer through the process of manufacture to the counter from which it is purchased.

Textiles and Clothing      RUSSIA: SECRET OF RESISTANCE TO INVADER FOUND IN THE ARTS RATHER THAN IN HER HISTORY; IN HER COSTUMES RATHER THAN IN HER CUSTOMS. M. D. C. Crawford. (Women's Wear Daily, vol. 64, No. 21, 6 pp., illus., January 30, 1942.) With illustrations and a short description, this article shows types of Russian clothing that may be inspirational for future designers.

Food and  
Nutrition

ON THE NUTRITION FRONT. M. L. Wilson. (What's New in Home Economics, vol. 6, No. 5. pp. 20-21, 45-46.) This article outlines a national nutrition program and tells of the progress that is being made in putting it into effect. It says that the community nutrition projects fall into five general categories which include study and practice groups, feeding programs, consultation services, economic assistance in the form of food stamps, low-cost milk distribution, community gardens, food-preservation projects, equipment pools, and the like and public information services.

Food and  
Nutrition

NUTRITION AND NATIONAL DEFENSE. Russell M. Wilder. (Journal of the American Dietetic Association, vol. 18, No. 1. January 1942. pp. 1-8.) Discusses the evidence that many persons are ill fed or that ill feeding can affect the prosecution of the war. Functional debility such as the slowing of the healing of wounds, symptoms of neurasthenia, and mild biochemical disturbances are indications of poor nutrition. For these last there now are tests.

Food and  
Nutrition

THE UTILIZATION OF THE CALCIUM OF CAULIFLOWER AND BROCCOLI. Margaret L. Fincke. (Journal of Nutrition, vol. 22, No. 5, pp. 477-482, November 10, 1942.) Reports a study of the utilization of the calcium of cauliflower and broccoli by young growing rats. It was found that the calcium utilization factor for milk was about 0.08 higher than for broccoli and for cauliflower 0.18. The possible causes of the lower availability of the calcium of cauliflower and broccoli are discussed.

Food and  
Nutrition

MODERN METHODS OF MEAT COOKERY REDUCE SHRINKAGE AND INCREASE PROFITS. Jessie Alice Cline. (American Restaurant Magazine, vol. 25, No. 12, pp. 42-43, 75-78, December 1941.) Explains causes of shrinkage of meat during cooking, the ways and importance of controlling it. A constant oven temperature of 250° F. is recommended and the use of a thermometer instead of estimating minutes per pound should determine the roasting time for a piece of meat.

Food and  
Nutrition

HOT LUNCHES. James Senter Brazelton. (Kansas Farmer, vol. 78, No. 23. November 15, 1941. p. 10.) Tells how the people of a small town cooperated in providing a good noon meal for school children.

Food and  
Nutrition

STOP SQUANDERING VITAMINS. C. L. Fellers. (Science Digest, vol. 11, No. 2, pp. 1-4, February 1942.) An article condensed from a Science Forum program broadcast from New York. It points out that the body requires about 40 distinct substances to maintain strength and good health; where vitamins are found, and the care that should be taken in preserving them.

Food and  
Nutrition

DON'T KILL WEEDS -- EAT 'EM. Orcella Rexford. (Science Digest, vol. 11, No. 2, February 1942, pp. 42-43.)

This item points out the value of certain weeds for food, such as the milkweed, and it advises that most people will like the delicate and unusual flavors and odors of some of our commonest and most pesky weeds. Some of those the author mentions are lamb's-quarters, the Amaranth called "pigweed," purslane, certain summer greens, such as summer mustard, the golden pebble marigolds, yellow and pearly dock, dandelion and chicory, plantain, New Jersey tea or redroot, catnip, horehound, and wild thyme, wild sunflowers sometimes called Jerusalem artichoke, cat tail, Indian turnip. It also mentions eating flowers such as the chrysanthemum, and warns when selecting wild plants for food that one must be very cautious, for some varieties are poisonous.

Food and  
Nutrition

HOW GOOD ARE YOUR MEALS? (Woman's Home Companion, vol. 69, No. 1, January 1942, pp. 54-55.) Contains charts to aid in planning meals that contain adequate amounts of calcium, iron, and vitamins A, B, C, and G. Test menus are used to illustrate how to use these charts.

Food and  
Nutrition

OUR OWN NUTRITION PROBLEMS. Helen S. Mitchell. (Journal of the American Dietetic Association, vol. 18, No. 1, pp. 9-11, January 1942.) The author says that changes in occupation that require more exertion and concentration require attention to changes in food habits and the putting of our nutrition habits to work. Other problems to be attacked to attain the optimum of nutrition in this country are: Providing incomes with which to get the food, furthering of the school-lunch program and the production of essential foods, a stimulation of interest in foods, more information about them, and the application of our knowledge in their use. The exploitation of nutrition propaganda for personal gain should be prevented.

Food and  
Nutrition

THE FROZEN FOOD INDUSTRY. Harry Carlton. (University of Tennessee Press, 187 pp. Knoxville, Tenn., 1941.)

This book gives a general picture of the procedures and methods employed by the frozen food and vegetable industry as it was carried on from the farm to the consumer. It covers the early history of the new frozen-food industry, early distribution difficulties, growth of frozen-food distribution, frozen-food markets, and the development of retail cabinets. It gives the history of the production of foods for packing by this method and the processing operations followed. Part of the book is given over to statistics regarding cold storage rates in leading fruit and vegetable packing areas, transportation rates, and other similar data.

United States Department of Agriculture  
EXTENSION SERVICE  
Washington, D. C.

No. 509

March 25, 1942

## TO HOME-ECONOMICS EXTENSION WORKERS:

Herewith are given references to certain books and home economics literature that may be of interest to you. Before writing for further information about these references, please consult your librarian.

Sincerely yours,

Edith L. Allen

Edith L. Allen  
Assistant Home Economist

Social A STUDY OF SOCIAL DEVELOPMENT IN ADOLESCENTS. W. J. Cameron. (Institute of Child Welfare, University of Chicago, 1940, 25 pp., mimeographed.) This report deals with one aspect of adolescent growth study undertaken by the University of California. Some points presented are: That 12- to 16-year-old boys and girls are making a consistent and intensive search for opportunities that will multiply their contacts with the opposite sex. The girls were normally more advanced in their social interest than boys of the same age and it was noted that a striking symbol of adolescence was the preoccupying importance of the awareness of themselves as individuals.

Social HOBBIES AND HAPPINESS IN OLD AGE. Judson T. Landis. (Recreation, vol. 36, No. 10, pp. 607, 641, January 1942.) The author says hobbies are an important factor in contributing to happiness in old age; also that those with hobbies are less critical of young people than are those without them. Women have a longer life expectancy than men, and this may be due in part to the fact that they do not have to face a crisis period when they must give up their work and hobbies as men do. The happiest old people are the ones who visit with friends, attend church, lodges, and other organization gatherings.

Social MAN STANDS ALONE. Julian S. Huxley. (Harper & Brothers, Publishers, New York, 1941. pp. 297.) This new edition states that it is no longer legitimate to attribute certain differences in physique or in intelligence to genetic factors, for most of these are influenced by nutritional factors; also, that economic terms are but one of the factors that determine history, for climate, disease, and hygiene play important parts.

Social SOCIAL LIVING. Paul H. Landis and Judson T. Landis. (Ginn & Co., Boston, 1941, pp. xvi-672.) This book discusses the many principles and laws of human society that are as ancient as mankind or are deeply rooted in the past, as well as the changes that have taken place in ancient times. It is intended as a text for courses in social sciences.

Social OUR CHANGING SOCIAL ORDER. Ruth Wood Gavian, A. A. Gray, Ernest R. Groves. (D. C. Heath and Co., Boston, 1941, 736 pp.) Revised edition with new chapters on public opinion, democracy, farm problems, alcohol as a cause of maladjustment, war, and the occupational world. Some others are concerned with differences between people, the family, education in better ways of living, and housing.

Social LEISURE TO REPLACE WORK? Lewis Mumford. (Science Digest, vol. 11, No. 2, pp. 5-8, February 1942.) An article condensed from a chapter of the book Techniques and Civilization by the same author, published by Harcourt Brace & Co., New York, 1934. It says that under capitalism time is, like money, an independent commodity; but that habits are fostered by the clock or the calendar, and that a good part of the mechanical elements in the present day are attempts to offset the effects of time and space, which he illustrates by the refrigeration of eggs. He says that when we get everything put on the efficient basis of saving time and space, we will then replace work with leisure, for man will then be back in an Edenlike state, and even work will become a kind of game.

Child Care      **THE CHILD.** Florence Brown Sherbon. (McGraw-Hill Book Co., New York, 1941, xx+755 pp., illus.) The second edition of a book which discusses the origin, development, and care of the child. This edition is based on recent experience of the author and her students in using this as a reference book. The parts of the book are: Before the child; Pregnancy and birth; Development, care, and training; and Special subjects. This last part includes religious, moral, and aesthetic training, growth, posture, teeth and head of the child, artificial feeding, and the sick child.

Child Care      **CHILDREN: SOCIAL PRIORITY NUMBER ONE.** Miles Carpenter. (Survey Midmonthly, vol. 77, No. 12, December 1941, pp. 347-350.) This article discusses what statistics show us about health and mortality and the prospects for the future, and the effects of uprooted family life on the child. It says that food is the best medicine, and that much of the gain in maternal and child health rests on a very insecure economic basis. Child health is directly and positively correlated with nutrition, and good nutrition in the average family depends on the ratio of income to cost of food. When food is cheap, children will eat well and be healthy, or vice versa. Child health also depends upon funds for medical, dental, nursing, and hospital care, both public and private. As long as sufficient funds are provided, many young lives will be saved and many young bodies kept unimpaired.

Child Care      **AIR RAIDS AND THE CHILD.** W. E. R. Mons. (British Medical Journal, No. 4217, November 1, 1941.) Discusses the problem of harm done to a child's psyche by bombing and says that a single air raid can do great damage even to the normal child. This harm is most often evidenced by unruly behavior. Often air-raid shock is superimposed on some previous weakness. These children need something to do with routine. A happy life among other children removes tensions in a short time. It is best to evacuate children before they suffer shock from a raid.

Child Care      **PHYSICAL FITNESS OF CHILDREN FROM DIFFERENT ECONOMIC LEVELS IN CHICAGO.** Martha Crumpton Hardy, H. H. Boyle and Alvah L. Newcomb. (The Journal of the American Medical Association, vol. 117, No. 25, pp. 2154-2161, December 20, 1941.) A report of a study sponsored by the Elizabeth McCormick Memorial Fund to determine the physical fitness of children from different economic levels. These children had had health education programs and periodical physical examinations for several years. The conclusions reached were that there is need for professional health services, but that this need was somewhat greater among those from lower income families. Adequacy of diet was directly associated with economic status.

Child Care      FEAR AND ANGER IN CHILDREN. Arthur T. Jersild. (National Parent-Teacher, vol. 36, No. 6, February 1942, pp. 13-15, illus.) The author advises that when children are afraid or seem angry about unreasonable matters, it is well to look for the reasons. They are usually easily traced. He suggests that perhaps the child has been bowled over by a dog and thus made afraid of all other dogs, or he may have had a nightmare after this incident and thereafter becomes afraid of being in the dark alone. Some children fear such things as that the sky might fall. Sometimes a child is scared by the fears of adults. The author recommends ways to handle many different kinds of cases.

Child Care      MASS STUDIES IN HUMAN NUTRITION: NUTRITIONAL STATUS OF CHILDREN IN COLLEGE COMMUNITY. Pauline Berry Mack, Janice M. Smith, Catherine H. Logan, and Anna T. O'Brien. (Journal of the American Dietetic Association, vol. 18, No. 2, February 1942, pp. 69-78.) A report of a study involving the dietary habits and nutritional status of 147 children in a town of approximately 7,000 population. Nine tests were applied. A comparison between the children in this study and those of lower economic status in an industrial city showed that the children in the community in which the income and educational status of the parents were higher exhibited generally better nutritional status. However, it was found that, even in this community, all the children were not in optimal nutritional well-being. This shows that even among more privileged families, there is still room for improvement in the feeding of growing children.

Child Care      WAR TIME RATIONING AND CHILDREN'S HEALTH. (British Medical Journal, No. 4225, pp. 920-921, London, December 27, 1941.) A report of a discussion at a meeting of the section for the study of disease in children of the Royal Society of Medicine. It describes the dietary survey made in 1935-39 on 1,000 children of middle-class or better status during wartime. The children who suffered most were those who left school at 14 years of age when calcium requirements were at their maximum yet the availability of vitamin C was reduced, not on account of rationing, but on account of the scarcity of fruit. Similar nutritional problems were discussed; such as that certain records show that infants born during the first 6 months of 1941 appeared to be lighter in weight than those in preceding years, and that these infants would show less resistance to disease unless the mother's diet during lactation could be kept well up to requirements. It was also found that vitamin C ascorbic acid tablets were not a good substitute for fresh vegetables.

Health CONGENITAL FLATFOOT. John G. Kuhns. (Archives pediatrics, vol. 58, No. 12, pp. 755-763, December 1941.) Congenital flatfoot is found in varying degrees in about 10 percent of all small children. Adequate treatment is usually begun early enough. Flatfoot in an infant is evidenced by the abnormal range of motion in the foot and excessive motions at other joints. Treatments are suggested, one of them being adequate nutrition.

Health STUDY OF HOME ACCIDENTS: THEIR PUBLIC HEALTH SIGNIFICANCE. Donald B. Armstrong and W. Graham Cole. (American Journal of Public Health, vol. 31, No. 11, pp. 1135-1142, November 1941.) The rate of home accidents was 11.7 per 100,000 in 1941. Housewives sustain one-third of all serious home accidents, and more accidents occur among persons of poor economic status. Over half of the accidents result from falls, nearly one-fourth from burns.

Health INSECT PESTS. Wm. Clunie Harvey and Harry Hill. (H. K. Lewis & Co., Ltd., London, 1940, ix+292 pp.) This English book describes the method of control, appearance, and life history of household pests.

Health HOUSEHOLD INSECTS. Avery S. Hoyt. (Pests, vol. 9, No. 11, pp. 14-15, November 1941.) It points out the lack of adequate information about the control of household pests and the need for additional experimental research, also the need for better construction of houses to prevent the entrance of insects.

Health FLIES AS CARRIERS OF POLIOMYELITIS VIRUS IN URBAN EPIDEMICS. Albert B. Sabin and Robert Ward. (Science, vol. 94, No. 2,451, pp. 590-591, December 1941.) A report of research on the role of flies in the transmission of poliomyelitis, which says the virus has been found in flies in many different areas. These flies have access to garbage cans and in other places where human refuse was deposited, in both urban and rural areas. Study must be continued to learn whether or not the virus actually multiplies in the flies.

Health NATURAL RESISTANCE AND CLINICAL MEDICINE. David Perla and Jessie Marmorston. (Little, Brown & Co., Boston, 1941, xx+1344 pp.) This book discusses resistance in relation to heredity, age, endocrine glands, diets, and climate. Under the subject of Diet and Resistance is discussed the effect of the various vitamins, fat, and certain minerals like copper, iron, and manganese in maintaining resistance against disease.

THE INFLUENCE OF PRENATAL DIET ON THE MOTHER AND CHILD.  
Health J. H. Ebbs, F. F. Tisdall, and W. A. Scott. (The Journal  
of Nutrition, vol. 22, No. 5, pp. 515-526, November 10,  
1941.) A report of a study made to find the reason why the number of  
infant deaths during the first few weeks of life has altered little in  
the past 25 years, and the part played by the nutrition of the mother  
during pregnancy. It was found that fewer complications developed  
among mothers on the good or supplemented diet.

THE EVALUATION OF NUTRITIONAL STATUS. E. Neige Todhunter.  
Health (Journal of American Dietetic Association, vol. 18, No. 2,  
pp. 79-82, February 1942.) This article discusses the  
problem of recognizing nutritional malnourishment among large numbers  
of people and the ways of measuring it. Gross dietary deficiencies  
are obvious, but the mild ones, which produce no definite symptoms,  
do the most percentage of harm. These symptoms are characterized by  
terms such as, below par, lowered resistance, inefficiency and lack  
of pep, and low morale. It points out that height-weight charts are  
poor guides for nutritional status; and that when a family weighs its  
food to provide suitable diet for the whole family, there is no way  
to determine how the individual members really fare. It describes  
some methods of judging whether or not deficiencies exist, and dis-  
cusses the testing of new methods to determine the state of nutrition.

EVERYDAY NURSING FOR THE EVERYDAY HOME. Elinor E. Norlin  
Health and Bessie M. Donaldson (Macmillan Co., New York, 1942,  
pp. xii+306, illus.) This book is intended as a text-  
book in secondary schools and colleges as well as for use in the home.  
Throughout the book, nursing to keep well is recognized as of equal  
importance with nursing to get well. It explains what the home should  
know about its nursing responsibilities and the fundamental principles  
of nursing for maintaining health; the keeping of a baby well and  
happy from its first year through the sixth. It then takes up what  
to do when illness comes, and tells how to make a room in the home  
fit the needs of a sickroom; how to make a bed comfortable for a  
sick person; and explains the signs and symptoms of illness. It  
also gives directions for carrying out certain therapeutic measures  
prescribed by doctors.

Food and  
Nutrition

VITAMINS AND MINERALS FOR EVERYONE. Alida Frances Pattee, and Hazel F. Munsell. (G. P. Putnam Sons, New York, 1942, pp. 241-242.) This book is intended to tell at a glance what vitamins are, what they do for us, and where we can get them; how much of each we need daily; and also how much calcium, phosphorous, and iron we need. On page 8 is given a table of daily allowances of each vitamin and mineral for both adults and children. On page 195 are shown the recommended daily allowances for specific nutrients drawn up by the committee on food and nutrition of the National Research Council. The first table contains many fewer details than the second. In most instances the average amount suggested for each vitamin is liberal.

Food and  
Nutrition

SOME EFFECTS OF VITAMIN B AND C ON SENILE PATIENTS. W. Stephenson, C. Penton, and V. Korenchevsky. (The British Medical Journal, No. 4223, pp. 839-844, December 13, 1941.) A discussion of various studies made to determine the effects of the vitamins in old age. It takes up the question of graying of hair, the mental condition of the patient, the effects on the muscular system, the cardiovascular system, the digestive tract, and other physiological conditions of elderly people. The conclusions reached are that treatment with vitamin B and C did not stop the biologically inevitable development of senility but, by treating aged people with vitamins, it was possible to prevent or improve in some cases to a striking degree certain senile conditions which could be considered as pathological because they appear prematurely or in an extreme degree. Therefore, treatment with vitamins can give considerable relief from senility. It emphasizes the importance of taking the greatest care to prevent the occurrence of partial or latent vitamin deficiency in our population.

Food and  
Nutrition

VICTORIAN CAKES. Caroline B. King. (The Claxton Printers, Caldwell, Idaho, 1941, 275 pp.) This cook book, telling how various cakes were made in Victorian days, depicts the spirit and activities of the kitchens of that date. Chapter headings: Kitchen Fragrances (which gives a picture of the kitchen); Our Darling Sister (which tells the favorite recipes of one sister); Maud Conquers Kisses (the recipes of another sister); Mother's 5-Ft. Shelf (a picture of a mother of the typical Victorian type and tells not only of the things she baked, but the books she enjoyed); Father's Lady Friends (descriptions of his favorite dishes). Other chapters tell of Christmas goodies, and those used for other occasions.

Food and  
Nutrition

STAY HUNGRY AND LIVE LONGER. Edwin Teale. (Popular Science Monthly, vol. 139, No. 4, pp. 97-99, October 1941.) This article reports tests with 2,500 rats which showed that what you eat isn't so important an aid to longevity as how much. The conclusion reached is to eat what you ought to eat first, then eat what you want to eat, but not too much of it.

Food and RECENT ADVANCES IN VITAMIN KNOWLEDGE: VITAMINS AND  
Nutrition MICROORGANISMS. E. Neige Todhunter. (Journal of Home  
Economics, vol. 34, No. 2, pp. 109-112, February 1942.)  
This article tells how it has been found that bacteria and yeasts as  
well as human beings used vitamins in order to grow, and how they  
are being used in the isolation and identification of some of the  
B complex factors.

Food and EFFECT OF BLANCHING ON THE DEHYDRATION RATES OF VEGETABLES. James Sugihara and W. V. Cruess. (Food Products Journal and American Vinegar Industry, vol. 21, No. 5, pp. 139-140, January 1942.) A report on the research on the dehydration of vegetables which have been blanched and unblanched. Apparently blanched vegetables dried in a shorter time.

Food and ESSENTIALS OF AN ADEQUATE DIET: V. Ruth Cowan Clouse.  
Nutrition (Hygeia, vol. 20, No. 1, pp. 46-47, January 1942.) A  
continuation of a series of articles on the various  
vitamins. In this number are included a discussion of all factors  
of the vitamin B complex needed by the normal person.

Food and EXPERIMENTS ON DRYING UNSULFURED APRICOTS AND PEACHES.  
Nutrition W. V. Cruess. (Food Products Journal and American  
Vinegar Industry, vol. 21, No. 5, pp. 135, 157,  
January 1942.) A report of experiments shows that peaches and apricots  
respond differently from apples to such mild prevention of  
darkening treatments as dipping in brine, pineapple juice, or in  
thio-urea solution. They also show that these fruits dry with ex-  
ceptionally good color and cooking quality when the fruit is steamed  
until cooked through, or when it is heated in some cane-sugar sirup  
or a corn-sirup solution before being dried in the sun.

Food and THERE IS NOTHING HARD ABOUT MAKING GOOD MEAT. (The  
Nutrition Washington Farmer, vol. 66, No. 24, pp. 10, November  
20, 1931.) This article tells how to prepare an  
animal for butchering; to scald the carcass, dry, brine cure and  
smoke the meat; storing, and how to make sausage, souse, and  
pickled pigs' feet.

United States Department of Agriculture  
EXTENSION SERVICE  
Washington, D. C.

No. 510

April 8, 1942

TO HOME-ECONOMICS EXTENSION WORKERS:

Herewith are given references to certain books and home-economics literature that may be of interest to you. Before writing for further information about these references, please consult your librarian.

Sincerely yours,

*Edith L. Allen*

Edith L. Allen,  
Assistant Home Economist.

Handicrafts      SILK SCREEN PRINTING FOR MANY MATERIALS. Gordon de Lemos. (School Arts, Vol. 41, No. 6, pp. 184-189, illus., February 1942.) This article describes equipment needs, printing mediums, and tells briefly how to print on different materials, including textiles and glassware.

Handicrafts      A PAPER FOR EVERY NEED. Lawson Pendleton Cooper. (School Arts, Vol. 41, No. 6, pp. 191-193, illus., February 1942.) This tells in simple language how paper may be made by hand from rags and other materials with very simple equipment. It discusses different types of paper used in the schoolroom.

Handicrafts      THIS IS NEEDLEPOINT. The tenth article in our American Needlework Series. (Woman's Day, pp. 19-21, January 1942.) Describes needlepoint as the aristocrat of needlework and shows illustrations of beautiful work.

Handicrafts      A BOOK OF LITTLE CRAFTS. Margaret Powers. (Manual Arts Press, Peoria, Ill., 115 pp., illus.) This book of crafts for little children tells how to marble paper, make ink-splotch designs, punch designs, cut and tear paper into designs, and gives instructions for finger painting, stenciling, paper applique, potato printing, confetti mosaic, solid and shade dyeing, stick printing, weaving, decalcomania, carving, and other means of making illustrations. Instructions are also given for making sounds with percussion instruments, rhythm sticks and sand blocks, rattles, xylophones, bells, and similar instruments. One part of the book is given over to experimenting with dramatics, which includes the making of puppets, paper-bag costumes, and masks.

Handicrafts      CREATIVE SCISSOR CUTTING. Charles Dealtry. (Frederick Warne & Co., Ltd., New York, 1939, 31 pp., illus.) Tells how to make posters and other illustrations from colored paper cut in suitable shapes.

Handicrafts      THIS IS OUTLINE. The eleventh article in our American Needlework Series. (Woman's Day, Vol. 5, No. 5, pp. 18-22, 74, illus., February 1942.) This article describes the use of outline embroidery in decorating many textile articles.

Handicrafts      THE SILK SCREEN PRINTING PROCESS. J. I. Biegeleisen and E. J. Busenbark. (McGraw-Hill Book Co., Inc., New York, 1941, 225 pp.) Describes equipment, printing mediums, printing surfaces, and stencil making. It is intended for the professional as well as the amateur.

Handicrafts      TEXTURE VARIATIONS-TREADLE MANIPULATION. Marguerite P. Davison. (The Weaver, Vol. 7, No. 1, pp. 10-19, illus., January-February 1942.) This article with many diagrams explains how, with one threading, many different patterns may be developed by means of variations in treadle manipulation in weaving.

Handicrafts      WORSTED WEAVING AND LOOMFIXING. (Fibre and Fabric, Vol. 95, No. 2972, pp. 6-8, January 17, 1942.) Though this article is intended to assist the commercial weaver, some suggestions may apply to the use of table and floor looms for handicrafts. It discusses the causes of breaking of the yarn, particularly in the warp, and various means of overcoming such a difficulty.

Handicrafts      RUG LORE FROM NAVAJO LAND. Dorothy Askins. (Capper's Farmer, Vol. 53, No. 2, pp. 26-27, illus., February 1942.) This discusses the symbols used on various Indian rugs, particularly those made by the Navajos, and tells the source of the dye used. It deals with Indian weaving, how it is examined for quality and classified, and says that they cannot be classified by the same standards used by nationally known manufacturers.

Handicrafts      HOW NOT TO MAKE MONEY AT HOME. Clara Belle Thompson and Margaret Lukes Wise. (Women's Day, Vol. 5, No. 5, pp. 10-11, 53-57, illus., February 1942.) The authors discuss their experience in trying to sell various kinds of needlework articles and mention kinds almost impossible to sell for the sum asked and those which were salable. The importance of good workmanship, design, and other factors are discussed.

Management CONSERVATION AND RECLAMATION OF MATERIALS. A report of a meeting held in December 1941, presenting four actual case histories relating to conservation and reclamation of materials. (Mechanical Engineering, Vol. 64, No. 1, pp. 25-32, January 1942.) Case 1 deals with reclaiming the use of scrap materials; Case 2, examples of conservation and reclamation of large commercial machinery; Case 3, entitled "Redesign, Substitution, Simplification, and Standardization" was presented by David R. Kellogg, and tells of the conversion of the refrigerator plants, ranges, cabinets, and lamp parts. Case 4 deals with material substitutes in such articles as refrigerators.

Part III. Experiments are being made on replacing aluminum die castings with parts of other alloys, such as lead-antimony alloys; thermoplastics in hinges and other parts. It describes the changes that are being made in the heater tubes for heating units and in thermostats. Some of the changes are thought to result in improvement in the design and satisfaction in the machine.

Management CONTEMPORARY SOCIOLOGICAL RESEARCH IN FARM FAMILY LIVING. Otis Durant Duncan. (Rural Sociology, Vol. 6, No. 4, pp. 300-310, December 1941.) A discussion of the work of Frederick LaPlay's study of the family and its budget or standard of living, conducted by other economists who succeeded him.

Management MONEY MANAGEMENT FOR NEWLYWEDS. (Department of Research, Household Finance Corp., 919 North Michigan Avenue, Chicago, Ill., 1941, 20 pp.) Explains where the housekeeping money goes; lists the essentials for setting up a new home, including linens, dinnerware, glass, flat silver, kitchen equipment, and cleaning and repair equipment.

Management BETTER BUYMANSHIP: No. 3. Fresh Fruits and Vegetables. (Department of Research, Household Finance Corp., 919 North Michigan Avenue, Chicago, Ill., 1941, 20 pp.) Points to consider in buying fruits and vegetables are discussed first in general, and then for each specific article. The meaning of grades in the United States and Canada is explained.

Management SOME SOCIOLOGICAL ASPECTS OF CONSUMERS' COOPERATION. Leonard C. Kercher. (Rural Sociology, Vol. 6, No. 4, pp. 311-322, December 1941.) A condensed report of the Finnish initiative consumers' cooperative movement in the North Central States is discussed here which demonstrates the sociological factors necessary to the successful initiation, development, and functioning of cooperative enterprise. It says in conclusion that since every cooperative situation is in some respects unique, conclusions drawn from the study of one cooperative must be applied to any other with understanding and insight.

CONSUMERS' COOPERATIVES IN THE NORTH CENTRAL STATES.  
Management Leonard C. Kercher, Vant W. Kebker and Wilfred C. Leland. (The University of Minnesota Press, Minneapolis, Minn., 1941, pp. xvi+431.) An analysis of consumers' cooperative enterprises beginning with the Finnish initiative movement in the North Central States, the regulation, accomplishment, and possibilities of consumer cooperatives in our present economy, and case studies of consumer cooperatives.

BETTER FARM LIVING: FAMILY ASPECTS OF RURAL LIFE IN THE SOUTH. Paul W. Chapman. (Science Research Associates, Chicago, Ill., 1941, 208 pp., illus.) An elementary textbook that discusses living on the farm, food for farm families and animals, uses of land, the storing of food, modern conveniences for the farm home, and making the home attractive.

REGULATION OF INSTALLMENT BUYING. David R. Craig. Management (Journal of Home Economics, Vol. 34, No. 2, pp. 81-83, February 1942.) A discussion of what the Government has done and can do in the regulation of installment buying, the effects of regulation on the public in general and on the lowest income group. Several recommendations are made.

SUPERVISED HOMEMAKER'S SERVICE. Maud Morlock. (Journal of Home Economics, Vol. 34, No. 2, pp. 77-80, February 1942.) A description of the activity formerly known as visiting housekeeper service. It tells the objectives of such a service, how it can be developed, the types of service given, how the service should be supervised, the qualifications for the homemaker's assistant, and personnel practices relating to wages and the community need for such a service.

WISE USE OF INSTALLMENT CREDIT. Howard F. Bigelow. Management (Journal of Home Economics, Vol. 34, No. 2, February 1942, pp. 84-87.) The article points out facts about installment buying, tells how it is used, and when it is wisely used, the causes for recent increase in the use of this form of credit, and discusses the prospects for 1942-43 and how home economists can aid in directing the wise use of such a method of purchasing.

Food and  
Nutrition

THE ART AND SCIENCE OF NUTRITION: A textbook on the Theory and application of nutrition. Estelle E. Hawley and Grace Garden. (C. B. Moseby Co., St. Louis, 1941, 619 pp.) A textbook for nurses, containing 140 illustrations, including 12 in color. It presents the principles of normal nutrition and tells when and how modification of the normal diet may be necessary. The book outlines historical development of the science of nutrition, describes the process of digestion and metabolism, classifies food and explains the sources and important functions in the diet, in addition to the dietary therapy and choice and preparation and serving of food.

Food and  
Nutrition

WHAT THE WAR MEANS IN THE DISTRIBUTION OF CANNED FOOD. (The Canner, Vol. 94, No. 4, p. 18, December 27, 1941.)

A discussion of wartime problems of railroad and other transportation and their effect on the distribution of canned food. Also discussed are the food requirements of the Army and Navy and the effects of speculative buying, warehouse space, and food shortages on the demand for canned goods.

Food and  
Nutrition

BUTCHER YOUR OWN. L. R. Neal. (Southern Agriculturist, Vol. 71, No. 11, pp. 22-23, November 1941.) The author

recommends that farmers butcher their own meat for home use to save money and provide better living on the farm, and states that home-cured meat is superior. He tells how to cure meat with the use of pickle pumps.

Food and  
Nutrition

VITAMINS AND VICTORY. Bess Rowe. (The Farmer, Vol. 59, No. 26, pp. 12-13, December 27, 1941.) Discusses what women are doing for defense on the nutrition front.

It says that we need to revamp our definition of health and to think of it as something positive and regular and not be satisfied to get along without being sick enough to stop going.

Food and  
Nutrition

SIGNIFICANCE OF CHLORINE AS A DIETARY FACTOR. C. H. Best. (Science, Vol. 94, No. 2449, pp. 523-527,

December 5, 1941.) This is a review of the work on chlorine which shows its importance as a dietary factor.

Food and  
Nutrition

WAR GARDENS ARE NEEDED TO LICK HITLER AND THE JAPS: FARM, SCHOOL, AND COMMUNITY GARDENING URGED RATHER THAN FLOWING UP LAWNS. (Southern Farmer, Vol. 103,

No. 2, pp. 1, February 1942.) This stresses the importance of farm, school, and community gardening as recommended by Secretary Wickard.

Food and  
Nutrition

FAMILY VEGETABLE GARDENS. Pieter J. Van Heiningen.  
(Parks and Recreation, Vol. 25, No. 4, pp. 152-154,  
December 1941.) The author says that family or home

vegetable garden is a more appropriate title for this article than subsistence gardening. He states the advantages of having a garden project and says that this activity will give an occupation to people who have been spending their spare time in riding around in an automobile. A public park is a suitable place to establish a garden demonstration. One reason for this recommendation is that the horticultural departments in many small-city park systems have had their appropriations cut to a minimum so that gardening might be a good park activity that would not add to expense. Instructions for carrying out such a project are given.

Food and  
Nutrition

NUTRITION PROGRAM IS NOW ON WAR SCHEDULE. Philip H.  
Van Itallie. (Food Processing News, Vol. 9, No. 26,  
pp. 27, 30, December 22, 1941.) This article says

that besides giving impetus to other defense activities, the nutrition program for defense has been speeded up. It reports a survey made by the American Institute of Public Opinion, in which it was found that though housewives are "hard put" to define a vitamin, 73 percent of the women expressed the belief that vitamins are not a passing fad. Of the persons interviewed, 42 percent had heard of vitamin B<sub>1</sub>, 7 percent had heard of vitamins A and B, and only 2 percent had heard of C or other vitamins. It was found too, that only 1 in 10 who were familiar with vitamin B<sub>1</sub> knew that lean pork is one of the richest sources of this vitamin, whereas 3 in 10 knew whole-grain foods to be rich in B<sub>1</sub>. The nutrition work being done in a number of States, and the enrichment of bread and other foods, are also discussed.

Food and  
Nutrition

DRIED CITROUS FRUITS FOR MARMALADE. W. V. Cruess  
and James Sugihara. (The Canner, Vol. 94, No. 4,  
pp. 11-12, December 27, 1941.) Reports some experiments on the dried whole Valencia oranges grown in Southern California. Some were sliced thin and dried at 150° F. to bone dryness; while some were steam blanched for 6 minutes, and others were subjected to the fumes of burning sulfur for 30 minutes before drying to bone dryness. The sulfured fruit proved the most attractive in color; the blanched slices darkened somewhat, and the unblanched, unsulfured slices were fairly satisfactory in colors. The author recommends that commercially dried oranges be sulfured. Other experiments are also reported.

Food and NUTRITION. Editorial. (Medical Record, Vol. 155, No. 2, pp. 39-40, January 21, 1942.) This editorial discusses proper nutrition as a basis for mental and physical fitness and as a means for preventing disease, and points out the fact that climate, occupation, and race also have to be considered. It says that the greatest protection against diseases is found in the quality of food rather than in the quantity, for overeating is sometimes more harmful than undereating.

Food and YELLOW COLOR IN BEEF FAT. Sylvia Cover. (Farm and Nutrition Ranch, Vol. 61, No. 1, pp. 6, 11, January 1942.) The author calls attention to the fact that the yellow color of fat in meat may be caused by carotene and that to regard yellow fat as an indication of inferior meat is not justifiable. He tells some of the reasons why buyers discriminate against grass-fed cattle which have yellow fat when dressed, and prefer grain-fed cattle. He suggests that an effort be made to find some other indications for quality meat.

Food and WIDESPREAD MALNUTRITION OR FOOD FOR ALL? T. Swann Nutrition Harding. (Medical Record, Vol. 154, No. 11, pp. 407-410, December 3, 1941.) A report of various studies of malnutrition and its effects on persons. Well-fed people have better dispositions and are less subject to infections. Often, persons with vague symptoms of organic disturbance are suffering from dietary deficiencies and are cured by means of an adequate diet. The author tells how food is important to winning the war and states how much food is needed by Great Britain and our people to insure their health and efficiency.

Food and THE THIAMIN CONTENT OF CEREAL GRAINS. Robert Nutrition Nordgren, and John S. Andrews. (Cereal Chemistry, Vol. 18, No. 6, pp. 802-810, November 1941.) A report of a study of vitamin B content of whole grain which shows that there is a wide variation in wheat samples. This particular study indicates that the thiamin content of wheat is influenced by wheat type, variety, and environment. Generally Durham and spring wheats contain the largest amount of B<sub>1</sub>; next, the hard winter wheat, and lastly, the soft wheat. Corn, rye, barley, and sorghum were found similar to wheat in thiamin content. Oats contain somewhat more.

Food and FOOD GARDENS FOR THE DURATION. (The American Home, Nutrition Vol. 27, No. 2, pp. 48-49, illus., January 1942.) This article discusses the 15 percent farm production goal set by the U. S. Department of Agriculture for 1942 for the production of larger quantities of vital foodstuffs and to develop better food habits and insure better nutrition for the American people. It advises thinking about food gardens and tells what to do and what not to do. Among the "don'ts" is not to start a war garden hysteria such as broke out during the last World War; and among the "do's" are to select land that is suitable for gardening, conserve the humus and plant food, and try to raise vegetables throughout the growing season.

Food and NUTRITION IN RELATION TO PREGNANCY AND LACTATION.  
Nutrition J. Ernestine Becker, Hugh J. Bickerstaff, and  
Nicholson J. Eastman. (American Journal of Public  
Health, Vol. 31, No. 12, pp. 1263-1270, December 1941.) The article  
begins by saying there is no longer any doubt that fertility and  
nutritive efficiency are intimately related, but that certain specific  
dietary deficiencies and suboptimal nutrition as it affects pregnancy  
and lactation in women have only recently received intensive study.  
It then reports some of these studies which show the energy needs of  
the pregnant woman, her protein intake requirement, mineral require-  
ment, need for fluids, and vitamin requirements. It says among other  
things that there is some evidence that the calcium and phosphorus  
from milk are better than from other foods.

Food and NUTRITION FOUNDATION FORMED BY 15 FIRMS. (Food Pro-  
Nutrition cessing News, Vol. 10, No. 1, pp. 1, January 5, 1942.)  
This discusses the objectives of a new organization  
which is incorporated at Albany, N. Y. with Dr. Karl T. Compton, presi-  
dent of the Massachusetts Institute of Technology, as chairman. These  
manufacturers have contributed a large fund to support this Institute,  
and it is intended that the new foundation will cooperate closely with  
existing agencies of Government institutions working on various aspects  
of nutrition and is aimed to help and supplement these agencies rather  
than duplicate or compete with them. Its object is to help humanity  
without thought of interest in the solution of scientific problems  
relating to nutrition. It outlines ten subjects on which research is  
badly needed.

Food and THE CASE FOR ENRICHED FLOUR AND BREAD. Russell M.  
Nutrition Wilder. (Baker's Weekly, Vol. 112, No. 5, pp. 31-33,  
46, November 1, 1941.) This article discusses various  
means of enriching flour and bread and the objection to so fortifying  
it. The objection is that a disbalance of the vitamin harmony of the  
diet is caused when only one or two of a group of several vitamins  
that occur together in natural foods are added, and thereby symptoms  
of deficiency of other vitamins of the group are provoked. It tells  
what the Food and Drug Administration Act does to regulate the claims  
set forth by manufacturers when vitamins or minerals have been added  
to their products.

United States Department of Agriculture  
EXTENSION SERVICE  
Washington, D. C.

No. 511

April 22, 1942

TO HOME-ECONOMICS EXTENSION WORKERS:

Herewith are given references to certain books and home-economics literature that may be of interest to you. Before writing for further information about these references, please consult your librarian.

Sincerely yours,

*Edith L. Allen*

Edith L. Allen,  
Assistant Home Economist.

Management HOW THE HOUSEWIFE SPENDS HER FOOD DOLLAR. (National Magazine of Home Economics Student Clubs, vol. 6, No. 3, pp. 17-20, February 1942.) A skit depicting phases of food purchasing, requiring a narrator and two housewives. A print of this skit can be obtained from the American Home Economics Association, Mills Building, Washington, D. C., as well as from this magazine.

Management COMING ERA OF SCARCITY: EFFECT ON LIVING HABITS: RESTRICTIONS ON TRANSPORT, FOOD, CLOTHING, AS SUPPLIES BECOME LIMITED. (U. S. News, vol. 12, No. 8, pp. 16-17, illus., February 1942.) The author says that, right now, the country is living off the fat produced in the greatest peacetime boom in history, but this surplus will eventually be absorbed and an era of scarcity will ensue which will of necessity change the habits of the people in the way of transportation, eating, clothing, vacations, leisure, working, and business methods. People will have plenty of money but empty stores, so people will not be "splurging" on new things as they have been doing.

Management THE THEORY OF CONSUMER'S DEMAND. Ruby Turner Norris. (Yale University Press, New Haven, Conn., 1941, pp. xiv-206.) This book aims to develop a theory of demand which is developed in terms of related books. In the preparation of this book, the author says she has interviewed businessmen and consumers on specific points which admit of inductive verification. Some chapter headings are: Wants and choice; Goods and demand curves under perfect and imperfect competition; A short-run theory of consumers' demand; Social objectives related to consumers' demand.

MODERN FOOD STYLING: BUDGET STRETCHING MEALS. Leonore Management D. Freeman, James V. Malone. (The American Restaurant Magazine, vol. 24, No. 2, pp. 26-28, February 1942.)

This article is intended for restaurant operators and deals with the problem of higher food cost in relation to planning nutritious meals on a moderate budget. It says that "stretching" the food requires the use of various quantities of cereals, bread, milk, cheese, and low-cost vegetables and fruits and the less tender cuts of meat. It tells something of how the menus can be varied, and is accompanied by some menu suggestions. This might also be used in the home.

RURAL ELECTRIFICATION MAKES JOBS. Harriet H. Harris. Management (Occupations, vol. 20, No. 5, pp. 339-342, February 1942.) The author says that rural electrification

brings about a new standard of living and new opportunities for jobs, particularly in rural areas. The article lists the opportunities produced for farm girls through rural electrification. It cites, for example, the establishment of rural hospitals and their need for nurses, technicians, radiologists, bacteriologists, and dietitians. It predicts that farm girls will be able to get careers in their own localities rather than migrating to the cities; that those who become homemakers will have more time to devote to other than housekeeping activities.

FAMILY FINANCE IN WAR TIME: HOME ECONOMISTS' RESPONSIBILITIES. Jessie V. Coles. (Journal of Home Economics, Management vol. 34, No. 3, pp. 149-154, March 1942.) A discussion of the financial situation of families today, including how prices affect purchasing power; goods available for consumption; wartime saving and taxes and postwar finances; what families can do to meet these situations; what home economists should do to help homemakers in meeting their financial problem. The suggestion is made that home economists make their teaching more effective by practicing what they preach, since not all home economists have developed a practical and usable system of budgeting and record keeping as a means of controlling their own finances. Many of them do not have good food habits. Some clothing teachers do not dress well, and not all food experts prepare and serve attractive meals at home.

Textiles and Clothing A NEW ERA IN FINISHING BEGAN WITH THE DEVELOPMENT OF THE ANTI-CREASE FINISH. (Textile Research, vol. 12, No. 3, pp. 18-21, January 1942.) A report of the progress of research in the use of anti-crease finishes. It gives a history of the development of treating fabrics with a synthetic resin, and says this process not only prevents creasing, but increases the tensile strength of fabrics, reduces slipping, and the tendency of woven fabrics to shrink during laundering. The process also increases the weight of fabrics about 15 percent. Consumers have reacted with favor toward the use of this process in treating such materials as transparent velvets, spun rayon dress goods, and summer suitings. It also imparts a woollike feel to spun-rayon fabrics.

Textiles and Clothing CORRECT CARE GIVES LONGER WEAR. (Women's Wear Daily, vol. 64, No. 54, pp. 22-23, March 19, 1942.) The article begins with instructions to the saleswoman in the care of her customers' clothing in the department where the merchandise is sold. These are followed by instructions to the customer to read the labels on garments purchased, and to soften water for washing, take care in cleaning colored garments, and in starching and ironing.

Textiles and Clothing HOW TO ALTER AND REPAIR SLIDE FASTENERS. (Popular Mechanics Magazine, vol. 77, No. 2, pp. 105-106, illus. February 1942.) This article explains how to repair a slide fastener when one of its teeth has been pulled out, how to shorten the slide, and what to do when it fails to stay closed.

Textiles and Clothing ECONOMY IN CLOTHES. Muriel Brasie. (What's New in Home Economics, vol. 6, No. 6, pp. 26-27, 58-60, February 1942.) This article tells how to choose the most economical clothing, how to care for it, and use it to the best advantage.

Textiles and Clothing THAT STITCH IN TIME. Jane Apple. (What's New in Home Economics, vol. 6, No. 6, pp. 17, 40, 42, March 1942.) The author discusses the remodeling of clothing to bring it up to date, from the alteration of small details to the recutting of the entire garment. She says that remodeling is a real art requiring planning and not a little care and patience, and warns that remodeling must inevitably become increasingly important as part of the clothing program, since conservation is a vital part of defense economy.

Textiles and Clothing THESE ARE THE SEVEN BASIC FIGURE TYPES. (Women's Wear Daily, vol. 64, No. 39, Section 2, pp. 6-11, February 25, 1942.) This section of the magazine deals with fitting and measuring of various types of women's figures and the understanding of the location of bones and structure of muscles in order to fit foundation garments that will give freedom of movement and avoid fatigue while moulding a good figure.

Textiles and  
Clothing

A STUDY OF FOUR CLASSES OF SHEETS DURING SERVICE.  
Margaret B. Hays and Ruth Elmquist Rogers. (Journal  
of Home Economics, vol. 34, No. 2, pp. 112-117, illus.  
with graphs, February 1942.) The conclusions reached in this study  
were that heavyweight muslins of medium price wore best, but that the  
percales and fine counts stood up better than the two mediumweight  
muslins. Percale sheets cost more than fine-count muslins, but they  
wore no longer. Neither wore so well as did the heavyweight muslin  
sheets.

Textiles and  
Clothing

THE COLOR CALENDAR: CLARIFYING STATEMENTS ABOUT CIVIL-  
IAN COLORS. (Women's Wear Daily, vol. 64, No. 35,  
pp. 4, February 19, 1942.) A brief item which says  
that because of the heavy requirements of our armed forces, the amount  
of vat dyes available for civilian use will be reduced about 50 percent.  
Fabrics will have to be designed with less ground coloring, and deci-  
sions have to be made as to just what products will go undyed, so as  
to leave the dyes for the most essential uses. Our designers will  
find ways of making unbleached shades of cloth and undyed furs a mark  
of distinction. For civilian purposes we must use types of cloth that  
are available at the moment and in those shades that are not military  
requirements.

Textiles and  
Clothing

PROGRESS REPORT ON THE PROCESS AND UTILIZATION OF  
DOMESTIC FLAX. Harold Bunker, J. L. Taylor, and C. A.  
Jones. (American Dyestuff Reporter, vol. 30, No. 25,  
pp. p673-p678, December 8, 1941.) Reports a study of the adaptability  
of the flax fiber plant to the soil and climatic condition of the  
South, and outlines a research program directed toward processing  
the straw into fiber yarn and fabric. The study includes the process-  
ing of flax straw into a stapled fiber suitable for working on cotton-  
mill equipment and for blending with cotton in textile products. It  
says that a fiber plant has been constructed capable of producing  
10 to 15 pounds of stapled degummed fiber an hour, and that all flax  
yarns can be sponged practically on the cotton system. However, the  
quality of fiber being produced from retted or unretted flax is as  
yet insufficient for practical spending of 100-percent flax yarn on  
the cotton system. The stapled flax may be blended with cotton and  
other stapled fibers quite satisfactorily.

88

Health HORMONES AND VITAMINS IN RELATION TO THE EYE. Percy Fridenberg. (Medical Record, vol. 155, No. 3, pp. 101-103, February 4, 1942.) A discussion of the part that hormones and vitamins play in the formation of the eyes and face, and how these structures affect personality. They refer particularly to facial form and topography, eye form, spacing, and gaze; all such, the author says, are indicative of personality and character.

Health VITAMINS. (Science, vol. 94, No. 2452, p. 12, December 26, 1941.) A brief item reporting research at Harvard Medical School regarding great results in the form of irreparable paralysis and other brain injuries which result from shortage of vitamin A. This vitamin is necessary for bone growth, and if the vitamin is lacking during early-growth periods, bone growth is markedly slow. As the brain and spinal cord are enclosed by bone when they grow too large for a stunted skull or vertebrae, the consequent squeezing causes striking deformities in brain, spinal cord, and nerve root, according to Dr. Wolbach and Dr. O. A. Bessey. Vitamin B<sub>1</sub> also plays an important part in the process of supplying energy for brain function and in helping brain tissues to get energy from starches and sugar, reports Harold E. Himwich.

88

Health AXIS BOMBS AND PEST CONTROL. Editorial. (Pests, vol. 10, No. 2, pp. 4, February 1942.) This article warns Americans about the increase of plague of rats brought about by raids, as in England. While fire bombs and resulting flames reduced scores of buildings to mounds of smoldering embers in one of London's oldest districts, some 250,000 rats remained alive, and presumably countless hordes of them fled from the scenes of ruin to find new homes. In urban communities rats take advantage of battered houses and have been found infesting steel and concrete buildings where the shock of nearby explosions has opened holes or crevices. The article points out the importance of the control of rats and other pests under the auspices of national and local Government agencies to curb any situation that may arise.

88

Health NO MYSTERY IN PEP: SEVEN SIMPLE RULES FOR GETTING AND MAINTAINING A RESERVE OF VIGOR. Donald Laird. (Scientific American, vol. 166, No. 2, pp. 72-74, February 1942.) The seven rules outlined in this article for getting and maintaining a reserve of vigor are to eat three different vegetables a day, to consume two fruits, or fruit juices, eggs, and milk at least once a day, enough water to make the urine a light straw color, then relax all residual tensions before, during, and after meals, get 1 hour of sunshine daily, and have a complete check-up once a year by a physician and a dentist.

Health DEVELOPMENTAL ENAMEL DEFECTS. Burt G. Anderson. (American Journal of Disease of Children, vol. 63, No. 1, pp. 154-163, 6 illus., January 1942.) A discussion of the abnormality of teeth, known as hypoplasia. The various causes of failure of enamel formation, rachitic enamel, opaque enamel, and other defects of teeth are discussed.

Health HEALTH STORIES AND PRACTICE. Wm. E. Burkard, Raymond L. Chambers, Frederick W. Maroney. (Lyons & Carnahan, Chicago, 1941, pp. 256, illus.) A book about boys, girls, fairies, elks, and brownies, which is designed to help children improve their health habits by keeping their bodies clean; getting plenty of fresh air, rest, and sleep; eating and drinking only nourishing food; caring for the hands, feet, face, hair, mouth, and teeth; always playing safely, and keeping happy.

Health THE BODY AND HEALTH. Wm. E. Burkard, Raymond L. Chambers, and Frederick W. Maroney. (Lyons & Carnahan, Chicago, 1941, pp. vi-328, illus.) This book is intended for upper elementary grades, to improve ideals, attitudes, and practices of good habits of living. It stresses things to do and things to think about. The chapter headings are: Food and health, Posture and health, Air and sunshine, Keeping well, The pilot and safety, and First aid. It is illustrated.

Health INSECTS AS CARRIERS OF POLIOMYELITIS VIRUS. Charles T. Brues. (Science, vol. 95, No. 2459, pp. 169-170, February 13, 1942.) This article discusses flies of different varieties as possible carriers of the disease Poliomyelitis and the research that is being carried on to determine the various carriers. It says there is increasing evidence that the spread of this disease cannot be traced to direct human contact or to indirect contact through healthy human carriers. A strong suspicion rests on rats and fleas as well as flies.

Food and  
Nutrition

ROSE HIPS AS A SOURCE OF VITAMINS. (Journal of the American Dietetic Association, vol. 18, No. 3, pp. 159, March 1942.) A brief item telling of how the Ministry of Health in Great Britain is urging the harvesting of the hips of the wild rose, which is particularly rich in vitamin C. These hips are said to be twenty times richer than oranges; their collection is being organized through schools, Boy Scouts, girl guides, and women's institutes, and they are being used to make a sirup for the benefit of babies and children, also, a puree which may be converted into jam by the addition of sugar. The puree contains 160 to 600 milligrams of ascorbic acid per 100 grams; the jam, 130 to 230 milligrams. This proportion makes at least three 50-milligram doses of ascorbic acid in slightly over 3 ounces of jam and, if 1/2 ounce were eaten daily, a useful supplement to the vitamins would be obtained in the normal diet. Rose hips are a traditional food of European peasants.

Food and  
Nutrition

MEAT AND HUMAN HEALTH. C. A. Elvejem. (Journal of the American Dietetic Association, vol. 8, No. 3, pp. 145-148, March 1942.) This article includes tables naming some foods richest in various vitamins - thiamins, riboflavin, nicotinic acid, thyridoxin, pantothenic acid, and cholime. It also tells the number of micrograms per hundred grams of fresh material of each of the foods listed.

Food and  
Nutrition

DIAGNOSIS OF DEFICIENCY STATES. (Journal of American Dietetic Association, vol. 18, No. 3, pp. 155, March 1942.) A summary of a detailed article by J. M. Ruffin, which appeared in the Journal of the American Medical Association 117: 1493, 1941. This summary lists the deficiency states which are indicative of vitamin deficiencies and those foods which, used exclusively in the diet, cause these deficiencies. It also says that by far the best treatment is an adequate diet and that specific vitamins should be used only as a supplementary therapy.

Food and  
Nutrition

THE CONTRIBUTION OF AMINO-ACIDS TO NORMAL NUTRITION. H. H. Mitchell. (Journal of the American Dietetic Association, vol. 18, No. 3, pp. 137-140, March 1942.) This article explains the dietary functions of the amino-acids and how they enter into the formation of hormones, vitamins, and other essentials in safeguarding health as well as the part they play in the proteins. The author says that proteins cannot be evaluated solely by nitrogen balanced studies, because of the imposing array of nutritional functions involving carbohydrates, fats, and vitamins which they perform.

Food and  
Nutrition

PANTOTHENIC ACID IN THE NUTRITION OF THE RAT. L. M. Henderson and others. (Journal of Nutrition, vol. 23, No. 1, pp. 47-58, January 10, 1942.) A report of the study being conducted at the University of Wisconsin on the importance of pantothenic acid in the nutrition of rats. It was found that rats fed a synthetic ration deficient in pantothenic acid became gray in 4 to 6 weeks, while calcium pantothenate above 40 micrograms per day prevented or cured this condition. When fed grain, the rats grayed, and the condition was also prevented and cured as above. Copper deficiency caused a graying which did not respond to pantothenic acid, but which was rapidly cured by administration of copper.

Food and  
Nutrition

FOOD FOR VICTORY. Ruth Cowan Close. (National Parent-Teacher, vol. 36, No. 7, pp. 27-29, March 1942.) This article discusses the yardstick for good nutrition set up by the Committee on Food and Nutrition of the National Research Council. It then suggests how to use one's ingenuity in planning meals, how to cut costs, and mentions the defense job which awaits every home-maker in keeping her family strong by providing good nutritious diet.

Food and  
Nutrition

THE NUTRITIVE VALUE OF FRESH CUCUMBERS AND OF VARIOUS KINDS OF PICKLES MADE FROM THEM. L. J. Camillo, C. A. Hoppert, and F. W. Fabian. (Fruit Products Journal, vol. 20, No. 9, pp. 241-242, April 1941.) An item which reports that an analysis of pickles showed that they contain such minerals as calcium, phosphorous, iron, and copper in significant amounts, vitamins A and C in the largest amounts, and B<sub>1</sub> and B<sub>2</sub> in smaller amounts. No vitamin D was detected. Ten medium-sized pickles would meet the daily needs for vitamin A; 4 would be required for B<sub>1</sub>, 40 for B<sub>2</sub>, and 3 for vitamin C.

Food and  
Nutrition

INDUSTRIES' JOB IS TO SAVE VITAMINS IN FOOD HANDLING. William Gets Agma Prize for Thiamin Synthesis; Ridicules Meal in Health. (Food Processing News, vol. 9, No. 23, pp. 34, November 10, 1941.) This article quotes Dr. Williams as saying that only in a few foods, such as bread and flour, can we justify the expedient of artificial restoration of lost values. He urged that it is high time that we should be taking a detailed census of the occurrence of the six vitamins known to be of practical importance as to their occurrence in food, and then we should take every reasonable precaution that our methods of manufacturing, distributing, and preparing foods conserve these values and get them to the mouth of the consumer.

Food and  
Nutrition

U. S. DEVELOPS STANDARDS FOR ORANGE JUICE GRADES. (The Canner, vol. 94, No. 12, pp. 24-26, February 21, 1942.) This article lists the description of the grades as A, or U. S. Fancy, U. S. Standard, and gives a description of each.

United States Department of Agriculture  
EXTENSION SERVICE  
Washington, D. C.

No. 512

May 6, 1942

TO HOME-ECONOMICS EXTENSION WORKERS:

Herewith are given references to certain books and home-economics literature that may be of interest to you. Before writing for further information about these references, please consult your librarian.

Sincerely,

*Edith L. Allen*

Edith L. Allen,  
Assistant Home Economist

Equipment      WASHINGTON AND THE HOME FRONT. Anthony F. Merrill. (House & Garden, vol. 81, No. 3, pp. 10, 42, March 1943.) A discussion of the priorities and housing agencies and their attitude toward the wartime problems of home maintenance and repair. It mentions repair possibilities, lists the materials that are liable to be affected most, and warns against constant change in available materials.

Equipment      HOW TO MEND MECHANICAL EQUIPMENT. (House & Garden, vol. 81, No. 3, pp. 11-19, March 1942, illus.) This article includes the subjects of how to care for and install some auxiliary heating devices; how to repair garage doors, interior doors, and screens; with a series of illustrations and brief paragraphs giving instructions for making certain repairs in and about the house.

Equipment      LEAKS AND HOW TO STOP THEM. Stanley Schuler. (House Beautiful, vol. 84, No. 3, pp. 66-67, March 1942.) On these two pages is a chart showing the location of leaks in houses, the trouble they cause, whom to call in for help, and how to stop the leaks.

Equipment      PROPERTIES OF UREA PLASTICS IN LIGHTING FIXTURES. R. Bowling Barnes and Charles R. Stock. (Illuminating Engineering, vol. 37, No. 2, pp. 89-102, February 1942.) This article reports that heat from lighting fixtures fabricated from urea plastics can be avoided by proper design. Excessive heating of the plastic causes discoloration which affects its optical efficiency. The temperature of the plastic can be held within safe limits if far enough away from the lamp and of the proper shape and size so that heat is readily dissipated. Aging at room temperature seems to have no detectable effect on the strength of urea plastics.

Equipment MODERN AIR CONDITIONING, HEATING AND VENTILATING. Willis H. Carrier, Realtor E. Cherne, Walter A. Grant. (Pitman Publishing Co., New York, 1940, pp. x-547.) A handbook for engineers which gives the early history of heating, ventilation, and air conditioning, which explains comfort factors, such as temperature, humidity, air motion, and air purity; estimates the requirements for heating; describes equipment.

Equipment WHEN IS A KITCHEN GADGET WORTH WHAT IT COSTS? Mrs N. P. Davis. (Kansas Farmer, vol. 76, No. 15, pp. 9, July 26, 1941.) A kitchen gadget should be selected on the basis of ease of use, time it will save, how it will affect the appearance of the kitchen, how it will save wear and tear on hands and prevent burns and other accidents, and how it improves the food served.

Equipment HOUSEHOLD PORCELAIN. O. K. Burger. (Consumers' Research Bulletin, vol. 9, No. 4, pp. 7-9, January 1941.) This article describes the characteristics of real porcelain, semiporcelain, their wearing qualities, decoration, relative prices, and how fashion influences their design.

Equipment THIS MODERN AGE OF MUD. (Popular Mechanics Magazine, vol. 77, No. 2, pp. 50-53, 172, February 1942.) This article explains how earthen and chinaware are made and decorated in modern factories.

Equipment THE TECHNIQUE OF THE BLACKOUT. Journal of American Dietary Association, vol. 18, No. 3, pp. 172, 174, March 1942.) This article quotes the Bureau of Home Economics as saying there is no one best way to achieve blackouts. It then gives a general outline of what one should do. It says that curtains are most commonly used in covering windows, and suggests various materials from which they might be made.

Equipment VISION AND SEEING UNDER LIGHT FROM FLUORESCENT LAMPS Mathew Luckiesh and Frank Morse. (Illuminating Engineering, vol. 37, No. 2, pp. 81-88, February 1942.) A report of a study on visual acuity, rate of blinking, eye movement, and refraction of the eye, in which the light from a fluorescent lamp and tungsten filament lamp were compared. These data showed that rather extreme departures in spectral quality from that of a tungsten filament light produced only small differences in focus of the eye, and that the light from present-day fluorescent lamps is far from monochromatic in character.

1000

Equipment

BLUE LIGHT UNDESIRABLE FOR BLACKOUTS. Mathew Luckiesh. (Illuminating Engineering, vol. 37, No. 2, pp. 113-114, February 1942.) The author says that there is much confusion regarding the best color for blackout lighting and that it is time the reasons why blue light is least desirable are understood. Some of these are that with blue light, seeing at close range in performing visual tasks is difficult. Normal eyes cannot focus objects illuminated by blue light when they are at a distance of a few feet or more. Even when a person is trying to see an object within arm's length in blue light it requires considerable negative accommodation of the eyes, and thereby imposes a handicap. Other disadvantages are distortion of estimation of distance and the confusion which results from this, and inability to focus. All bring about decreased safety.

Equipment

FREEZING AND STORING FOOD ON THE FARM. E. T. Montfort. (Agricultural Engineering, vol. 23, No. 3, pp. 88-90, March 1942, illus.) This article discusses the technique of freezing and storing food at low temperature and the possibility of storing food supplies that this system offers. It points out the fact that there is need for definite information to measure the value of frozen storage on the farm, and gives some tables showing depreciation of the locker on a 12-year basis; interest and cost of repairs incurred; the cost of wrapping and packaging supplies; and the electricity for operation of the refrigerator. By this means, the farm storage freezer test cost approximately \$7.55 a month as compared with the cost of foods stored at the locker plant, which was \$5.88 a month. Another question that it suggests studying is how much freezing and storage space are needed.

Equipment

ELECTRICITY MADE SAFE. Charles F. Dalziel. (Science Digest, vol. 11, No. 4, pp. 32-34, April 1942.) This article discusses ways and means of making electrical home appliances safer for use. It says that for years it was believed that the hazard of electric shock was due entirely to voltage, but now it is known that amperage of current is the controlling factor in contributing to accidents or injury. It also tested the frequencies in which alternating current showed the minimum let-go. This was found to be 60 cycles, while the average let-go current was .016 of an ampere. This article also stresses the importance of applying artificial respiration in cases of shock, and it is hoped that the better knowledge of the effects of electric shock will aid in preventing accidents.

Equipment

OIL BURNERS. (Consumers' Research Bulletin, vol. 9, No. 4, pp. 3-6, January 1942, illus.) A continuation of a series of articles on heating equipment which began in October 1941. This article discusses high-pressure atomizing burners, low-pressure atomizing burners, rotary burners, and vaporizing burners.

Equipment COUNTRY ICE BOX: FROZEN FOOD DOCTORS BRING THE BLESS-  
ING OF YEAR 'ROUND BALANCED DIETS TO MANY RURAL COM-  
MUNITIES. (Country Life, vol. 81, No. 4, pp. 40-41,  
52, February 1942, illus.) A discussion of the advantages of various  
types of freezer lockers, both commercial and home installed, to the  
rural family.

Equipment ART IN EVERYDAY LIFE. Harriet Goldstein and Vetta  
Goldstein. (Macmillan Co., New York, 1940, pp.  
xxxvi + 497, 3rd ed., illus.) A revision of a book  
first published in 1925. It contains new illustrations of costume,  
exteriors, and interiors of houses. It deals with art in the deco-  
ration of the home and clothing of individuals.

Personal MANNERS FOR MODERNS. Marjorie Ellis McGrady and Blanche Wheeler. (E. P. Dutton & Co., New York, 1942, 195 pp.) A book on etiquette relating to the writing of letters; weddings; what to wear, and where; what to do when traveling; the issuing and acceptance of invitations; tipping, entertaining, table manners; naval and military manners; and office behavior.

Personal HOW TO IMPROVE YOUR PERSONALITY. Earl G. Lockhart. (Walton Publishing Co., 532 So. Michigan Ave., Chicago, Ill., 1941, pp. xx+453.) This book is intended to give lay readers accurate information on the subject of personality. It discusses emotions and personality, the role of habit in personality, glandular influences, personality doctrines, testing, rating, and ranking; why we are liked or disliked; how to improve personality; social adjustment.

Personal WHAT HAS HAPPENED TO NEIGHBORS. Della T. Lutes. (Women's Day, 5th yr., No. 7, pp. 11, 56-57, April 1942.) This article recalls the neighborliness which took place about 1870 and extended through the eighties during which time people maintained the highest and kindest form of neighborliness because they enjoyed their prosperity and contentment together. It then tells how during the nineties things began to change, particularly in cities, until the present time, when few people even know the names of their next-door neighbors. It urges that we return to this kindly old custom of taking an interest in the people near us.

Personal DEMOCRACY TURNS TO THE FAMILY. James S. Plant. (Journal of Home Economics, vol. 34, No. 1, pp. 1-5, January 1942.) The author discusses what he calls four eroding and disturbing factors in family life that prevent a family from contributing what it might to our family life. These are a reduction in the number and importance of the things which can be done together in the home, the fact that each child or individual retires to his own room for study or radio entertainment, a lack of "dignity" in family life, and lastly, the "avid hunger" which various groups have shown to relieve the family of many of its functions. It then discusses some family responsibilities.

Personal WHAT STUDENTS THINK OF FAMILY RELATIONSHIPS. Zena A. Kibler. (Journal of Home Economics, vol. 34, No. 1, pp. 31-32, January 1942.) A report of what 308 eleventh-grade high-school children think about family relationships. One point on which they were unanimous was that each person in the family should do his work willingly and cheerfully and no one should expect to receive pay for doing regular home duties. Some other attitudes were considered.

Personal HOSTAGES TO PEACE: PARENTS AND THE CHILDREN OF DEMOCRACY. W. E. Blätz. (William Morrow & Co., New York, 1940, 208 pp.) Answers questions such as why the members of families live together; discusses the cooperation, compromise, and tolerance required to get along with each other; why people band together in clubs, cities, and nations; appreciation of values, problems of emotional adjustment, what prestige is, and how it operates, and other subjects considered.

Personal FITTER FAMILIES. Thomas Parran. (Parent's Magazine, vol. 16, No. 11, pp. 15, 96, 98, November 1941.)

The author says that parents have become more educable because they are realizing that there is little chance for children unless they are physically fit, mentally tough, and morally sound, and that the family must hang together and retain the rights and responsibilities of the individual within that unit if the American way of life is to stand.

Personal THE PROBLEM OF TEACHING A COURSE ON THE FAMILY. Meyer Barash. (Social Forces, vol. 20, No. 1, pp. 87-88, October 1941.) Discusses the various methods of handling a course on the family. A syllabus for such a course is presented.

Personal THE NEW AMERICAN ETIQUETTE. Mrs. Lily Haxworth. (Books, Inc., New York, 1941, 900 pp., illus.) A book of etiquette for most occasions, such as places of amusements, restaurants, church, college, weddings, balls, clubs. It also tells how and when to chew gum or to smoke.

Personal CAN YOU SPEND AN EVENING AT HOME ALONE? Margaret Cousins. (House Beautiful, vol. 84, No. 3, pp. 29, 95, 98, March 1942.) This article suggests planning the time that we spend at home alone so that it will do us the most good. To be happy under these circumstances requires a sound program, and there are three ways in which the time may be spent: (1) In amusement, such as listening to the radio, reading poetry aloud, and similar occupations; (2) in creative effort which embraces many types of occupation in which one can work out ideas that one does not have time for in private daytime hours; (3) evaluation. By this type of occupation, the author means making inventories of household possessions, which are never available in case of fire or disaster and which would prove valuable; checking social obligations, and correspondence.

Food and THE VICTORY GARDEN CAMPAIGN. L. C. Grove. (The  
Nutrition Locker Operator, vol. 3, No. 7, pp. 7-8, 40, February  
1942.) This article tells how victory gardens will  
play an important part in helping to win the war and how essential  
they are in providing vegetables needed for a family the year around.  
It contains a list of vegetables for an Iowa garden of one-half acre.

Food and THE EFFECT OF DIET ON LEARNING. Harold F. Clark.  
Nutrition (School and Society, vol. 55, No. 1414, pp. 128,  
January 31, 1942.) A brief report of a study of the  
effect of school instruction upon economic welfare and the level of  
diet in the community. This study was made because it was believed  
that even among the bottom third of the population, proper school in-  
struction can greatly improve diet. It suggests that, in rural com-  
munities and small towns, the schools are probably the crucial factor  
in bringing about adequate diet. It also says that dietary deficiency  
probably reduced the rate of learning, and the improved diet, in extreme  
cases, would be expected to have a direct effect upon learning though  
from there on it has relatively little effect.

Food and HOW WAR GARDENS WILL HELP. (The National Grange  
Nutrition Monthly, vol. 38, No. 3, pp. 4, March 1942.) This  
is a report of what is being done by Oregon State  
College in connection with the Victory Garden Project. This college  
advises that we need approximately 1 1/4 tons of vegetables from the  
average family garden. This gives some idea of the production needed  
to relieve the commercial production of fruits and vegetables. Pro-  
duction of farm and city gardens will relieve the demands upon can-  
ned, dried, and frozen stocks of fruits and vegetables needed by the  
Army and the Allies.

Food and HOW MUCH VICTORY GARDEN PRODUCE SHOULD BE LOCKER  
Nutrition STORED. (The Locker Operator, vol. 3, No. 7, pp. 11,  
February 1942.) This 1-page item contains a list of  
foods showing how much the average family of five should put through  
the locker in 1 year in order to obtain the maximum service of that  
locker. It includes two plans called A and B. In A - both meat and  
garden products are stored; in B, only fruits and vegetables. For  
each of these plans it tells how much of the products included should  
be stored each month of the year.

Food and THE UTILIZATION OF THE CALCIUM OF CARROTS BY ADULTS.  
Nutrition Herta Brieter and others. (The Journal of Nutrition,  
vol. 23, No. 1, pp. 1-9, January 10, 1942.) A report  
of research carried on at the University of Illinois on the utiliza-  
tion of the calcium in carrots by adults. The conclusions reached  
were that certain subjects showed poorer utilization of the calcium  
than they did of milk calcium in a previous study.

Food and AMERICA'S NUTRITION PRIMER: What To Eat and Why.  
Nutrition Eleanora Sense. (M. Barrow & Co., New York, 95 pp.,  
1941.) Titles of chapters in this elementary text  
are: What to eat; body-building proteins; vital vitamins; necessary minerals; fuel foods to market; from kitchen to table; nutrition for me and everyone; budget-saver menus; recipes and rules.

Food and HUTCHINSON'S FOOD AND THE PRINCIPLES OF DIETETICS.  
Nutrition Sir Robert Hutchison and V. H. Mottram. Revised  
by V. H. Mottram and George Graham. (Edward Arnold  
& Co., London, 9th ed., 1940, pp. xxvii+648.) This British standard  
text has been rewritten to include the material needed in an up-to-  
date textbook and to omit many tables which can now be found in  
separate publications.

Food and TO LIGHTEN THE LOAF. Marian McKinstry. (Food Facts,  
Nutrition vol. 11, No. 6, pp. 2 to 4, illus., March 1942.)  
Instructions for making good yeast bread. The various  
qualities of yeast are discussed.

Food and THE CREOLE KITCHEN COOKBOOK. Virginia M. Cooper.  
Nutrition (The Naylor Co., San Antonio, Tex. 1941,  
xxii+233.) A cookbook.

Food and ARMY STUDIES PRODUCTION OF DEHYDRATED FOODS. (The  
Nutrition Canner, vol. 94, No. 9, pp. 16, January 31, 1942.)  
A report from the Quartermaster Corps regarding the  
survey of commercial facilities for producing dehydrated fruits and  
vegetables, a study of what fruits can be satisfactorily produced  
and stored, and specifications to cover the processing and packaging  
of such products. It also mentions a study now being made by  
the Department of Agriculture on egg-dehydrating facilities in the  
United States.

Food and SHE PACKS HEALTH INTO HIS LUNCH BOX. Nell B. Nichols,  
Nutrition (Women's Home Companion, vol. 69, No. 2, pp. 78-79,  
illus., February 1942.) Suggestions for lunch boxes,  
including a variety of sandwiches, and beverages, relishes, desserts,  
and fruit.

Food and A SCIENTIFIC ATTITUDE TOWARD FEEDING. C. Anderson  
Nutrition Aldrich and Mary M. Aldrich. (CHILD STUDY, Fall 1941,  
pp. 9-10, 30) This article urges mothers to have a  
scientific attitude toward feeding their children and points out some  
of the ways in which parents fail, as well as how to do better. It  
says that a scientific attitude toward feeding would include three aspects: (1) To let the child enjoy his meals; (2) permit him to enjoy  
and develop tastes for different foods; and (3) allow the child to develop and control his appetite as much as possible.

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United States Department of Agriculture  
EXTENSION SERVICE  
Washington, D. C.

No. 512

May 20, 1942

TO HOME-ECONOMICS EXTENSION WORKERS:

Herewith are given references to certain books and home-economics literature that may be of interest to you. Before writing for further information about these references, please consult your librarian.

Note: In view of the paper shortage, this publication is being discontinued. This is the final issue.

Sincerely yours,

*Edith L. Allen*

Edith L. Allen  
Assistant Home Economist

Social REGIONALISM IN AMERICAN LIFE. Geo. T. Renner and Mayme P. Renner. (Teachers College Record, Vol. 43, No. 5, pp. 337-357, February 1942.) The author says that American education has persistently ignored the factor of regionalism. He divides the country into seven distinct regions and then shows the physical differences, economic differences, seven separate histories, the different sociologies, political philosophies, and lists the leaders, eminent men, heroes and legendary figures, unique social type, dialects, music and song, prose, literature, arts and poetry of each. He then discusses the educational implications of this particular paper.

Social SOCIAL PROBLEMS. Carl M. Rosenquist. (Prentice-Hall, Inc., New York, 1940, xix+519 pp.) Some topics covered are: Struggle for status, normal society, American industrial society, the changing family, origin and age of the family, position of the individual in the family, religion and recreation, divorce, desertion, family disorganization, economy, business cycles, employment, relief, delinquency, and race problems.

Social SHALL THEY MARRY IN WARTIME? Katherine Whiteside Taylor. (Journal of Home Economics, vol. 34, No. 4, pp. 213, 219, April 1942.) The author discusses the instability of war marriages, but says that the greatest number of ill-fated marriages at the time of the World War occurred during the 2 years directly following it. She also discusses war in relation to the surplus of women and compares the problems and hazards both of marrying and not marrying, and whether or not these young women shall have babies, which they may have to bring up without the help of a husband. Altogether she seems to indicate that she thinks the hazards are less in marrying than in not marrying, since marriage helps in maturing the young woman and gives her a broader outlook on life.

Child Care TO PLAY WE GO. Ethel Kawin. (National Parent-Teacher, vol. 36, No. 6, pp. 20-23, February 1942.) A discussion of play and personality development, the promotion of strength and skill, habits and character traits, mental, emotional, and social development of the child. It advises that the little child's resources in keeping himself amused all by himself should be retained if possible.

Child Care YOUR BABY CAN ESCAPE. Frank Howard Richardson. (Woman's Home Companion, vol. 69, No. 3, pp. 68-69, March 1942.) This article describes the various vaccinations, inoculations, and other protective measures which can be taken from the time the child is 3 days old until he is past 1 year of age, in order to prevent his contracting contagious diseases.

Child Care CORRECTIVE TREATMENT FOR UNADJUSTED CHILDREN. Nahum E. Shoobs and George Goldberg. (Harper & Bros., New York, 1942, 240 pp.) This book discusses styles of life, early memory, social interests, inferiority feelings, family influence, the family constellation, as they affect the personality of the child and his adjustment in life. A number of these studies pertaining to each type of situation are given.

Child Care LONELINESS IN INFANTS. Harry Bakwin. (American Journal of Diseases of Children, vol. 63, No. 1, pp. 30-40, January 1942.) A report of a study of infants confined in hospitals. No matter how well fed, the infants failed to gain weight, became listless and apathetic, and looked unhappy. On return home they made a striking gain within a few days. It was found that the failure of these infants to thrive in an institution is dependent for the most part on lack of the kind of stimulation which they normally receive in homes from their mothers. In hospitals infants are lonely and despite the improvement in knowledge of nutrition and the better isolation against infection, they continue to do poorly, unless nurses and internes are encouraged to give them attention at every opportunity, and the parents are invited to visit them.

Child Care WHEN MOTHER GOES OUT. Evelyn Emig Mellon. (Parent's Magazine, vol. 17, No. 3, pp. 21, 52, March 1942.) This article explains what a mother should do when her baby cries every time she leaves him, and the reason why he behaves so. One suggestion is that perhaps a new maid has replaced the loved and familiar one. The child of  $1\frac{1}{2}$  to  $2\frac{1}{2}$  years of age is perhaps most seriously disturbed by changes in surroundings. The first step in dealing with such a child is to build up his sense of security and encourage him to talk about any experience that seems unsatisfactory to him.

NEW LIGHT ON THE RELATION OF HOUSING TO HEALTH. Rollo H. Housing Britten. (American Journal of Public Health, vol. 32, No. 2, pp. 193-199, February 1942.) This article discusses the relation of housing to communicable diseases of childhood, as well as digestive diseases of both adults and children. It closes with the discussion of home accidents.

THE HOUSE: A RAMPART FOR HOME DEFENSE. (Federal Security Agency, U. S. Office of Education, Washington, D. C., Misc. 2712-9, illus., February 1942. Processed.) An outline and text for a study course on housing, beginning with the use of different living rooms and their plan. It discusses certain factors; such as the use of living areas, and satisfactory surroundings for the home; suggests designs for wall finishes, curtains, tells how to reupholster furniture, to make mattresses and other furnishings.

BUILDING CONSTRUCTION. 2d ed. Whitney Clark Huntington. Housing (John Wiley & Sons, Inc., New York, 1941, pp. x+674.)

This book deals with materials and types of construction used for various parts of building and not with the design, except in its qualitative aspects. It is intended for sophomore and junior students in civil engineering and architecture. It explains important facts about soils, supporting foundation, types of foundation, various types of brick and wood and steel construction, the construction of walls and floors and roofs. It is rather technical.

PREFABRICATION GETS ITS CHANCE. (The Architectural Forum, Housing vol. 76, No. 2, pp. 81, 84-88, continued p. 78 at back of book, illus., February 1942.) A discussion of prefabricated houses; illustrates and describes a large number of these houses built by different firms in various parts of the United States that are now on the market.

Health HOUSEFLY CONTROL IN RELATION TO POLIOMYELITIS. George E. Sanders. (Pests, vol. 10, No. 3, pp. 22-26, March 1942.) A discussion of some of the recent findings regarding the spread of the virus of poliomyelitis by the housefly and ways and means of controlling this pest.

Health HEALTH IN A RURAL DEFENSE AREA. Dorothy W. Butz. (American Journal of Nursing, vol. 42, No. 3, pp. 239-243, March 1942.) This article tells how public health nurses met the health problem created when 8,000 defense workers and their families moved into a rural county.

Health BUILDING FOR HEALTH. Wm. E. Burkard, Raymond L. Chambers, and Frederick W. Maroney. (Lyons & Carnahan, Chicago, pp. vii + 328, 1941.) Physical fitness is emphasized as a part of the defense plan for meeting the national emergency. The book gives information regarding approved tooth and oral hygiene; and new discoveries relating to food, including vitamins. Some chapter headings are: Foods you should eat for health and growth; Air, sunshine, and water for the body; Exercise and rest; Proper posture; Safeguards to health; and How to avoid accidents. An elementary text.

Health DETERMINING PHYSICAL FITNESS. (Science Digest, vol. 11, No. 4, pp. 15-16, April 1942.) This is a brief reference to a new method of determining whether men are too fat to be physically fit or not. It involves their weighing under the surface of water, which gives the specific gravity of the body in relation to its mass. This indicates whether the weight is made up of solid tissues or of fat.

Health FOOT TROUBLES AND THEIR CURE. Waldemar Koempffert. (Science Digest, vol. 11, No. 4, pp. 59-61, April 1942.) This article discusses the causes of foot trouble which, it says, is mainly due to shoes, but denies that special shoes are of much help. It states as long as the big toe bone is carrying its share of the weight of the body there will be no falling of the arch and no abnormal strain on foot muscles.

Health REPELLENTS IN RAT CONTROL. Ernest M. Mills and James C. Munch. (Pests, vol. 10, No. 2, pp. 20, February 1942.) This article tells how repellents may drive rats from inaccessible or undesirable places to more convenient ones for trapping or poisoning. Such repellents may prove to be the cheapest means of rat control in cases of light infestation. It tells how the various repellents are used.

Extension WOMEN HAVE MARKET. John W. Wilkinson. (New England Homestead, vol. 115, No. 5, pp. 34, illus., March 7, 1942.) Describes the organization and cooperative market conducted in the vicinity of Atlantic City, N. J. by farm women with the help of the Extension Service.

Extension PRESERVING THE BEST IN FAMILY LIVING. M. L. Wilson. (Journal of Home Economics, vol. 33, No. 9, pp. 631-636, November 1941.) A report of extension work and its importance in preserving the best in family life and national safety. It points out some things still to be done by women trained in home economics, such as giving attention to the fine, intangible things people can secure from life, while not neglecting to develop skills in good house-keeping, proper feeding, and clothing the family.

Education HOW TO DESIGN AND BUILD AN EDUCATIONAL EXHIBIT. Homer N. Calver. (World Convention Dates, vol. 27, No. 1, pp. 10, 30, 31-35, March 1942.) As the title indicates, this article deals with how to design and build an educational exhibit and points out that there are two kinds of exhibit; one, used as a part of the demonstration, the other, an exhibit that stands alone. Also emphasized is the need for a clear statement before starting so that all concerned with the preparation of the exhibit will agree on the weight, and what it is to portray when finished.

Education OES SEVENTH READER. Sybil L. Smith and Georgian Adams. (Journal of Home Economics, vol. 34, No. 3, pp. 178-180, March 1942.) A list of Experiment Station bulletins reporting research in the field of home economics issued in 1941.

Marketing and Crafts

APPLE JUICE PACKING PLANT ON THE FARM. Gareth O. Clark. (American Fruit Grower, vol. 61, No. 11, p. 6, November 1941.) This article tells how to prepare apple juice on the farm, and gives instructions for making a device in which the juice may be flash-pasteurized at a temperature varying from 168° to over 180°F. It also mentions a device which removes all excess air before the juice is bottled.

Marketing and Crafts

FRUIT PRODUCTS WILL RAISE GROWER'S INCOME...Donald K. Tressler. (American Fruit Grower, vol. 61, No. 11, pp. 4, 7, November 1941.) Tells in detail how fruits and other products have been successfully sold at better prices on roadside stands and in wholesale markets after being processed on the farm. A list is given of the fruits frozen and those used for fruit butters, jellies, candied or glazed fruits, sirups, and honey. The problem of freezing is discussed, including the preparation of the fruit; also, how to store it in both the commercial and homemade locker, and how to preserve apple juice by the flash-pasteurization method. The article refers to the advantages of making jelly on the farm where the fruit is raised; gives instructions for its preparation, as well as for candied and glazed fruits. Some references to other publications on the subject of preparing fruits for market are included.

Marketing and Crafts

STITCHING, CROCHETING, KNITTING, HOOKED RUG MAKING. Ella L. Langenberg. (The Holden Publishing Co., Springfield, Mass., 47 pp., illus., 1941.) A book of instruction on crafts such as knitting, knotting, crocheting, weaving, and decorative darning, smocking, and rug hooking.

Marketing and Crafts

SHE MAKES THE POTTER'S WHEEL HUM. Clara Belle Thompson and Margaret Lukes Wise. (Women's Day, 5th year, No. 7, pp. 12-13, 49-51, illus., April 1942.) Tells how Mrs. Naaman Keyser of Plymouth Meeting, Pa., became interested in making pottery at her home on the farm, and how she has developed this hobby into a thriving business.

Marketing and Crafts

SCREEN PRINTING. David Heritch. (Textile Colorist, vol. 64, No. 757, pp. 40-42, January 1942.) A description of the process by which screen prints are made on cloth. It tells how the colors are fixed by a steam bath after the printing has been accomplished.

Food and  
Nutrition

INDISCRIMINATE ADMINISTRATION OF VITAMINS TO WORKERS IN INDUSTRY. (The Journal of the American Medical Association, vol. 118, No. 8, pp. 618-621, February 21, 1942.)

This article discusses dietary deficiencies, proper nutrition, exploitation of vitamins, adequacy of dietaries, special needs in particular industries, diet and fatigue, individual needs, and reports from foreign countries on the use of vitamins. It warns against feeding vitamins before everything is done to provide an adequate supply through the foods consumed. A report is given on the findings of the Council on Foods and Nutrition and the Council on Industrial Health, which agreed that the use of vitamins in feeding employees is not based on sound knowledge.

Food and  
Nutrition

RECOGNITION OF EARLY NUTRITIONAL FAILURE IN INFANT'S, CHILDREN, ADOLESCENTS, AND ADULTS. (The Journal of the American Medical Association, vol. 118, No. 8, pp. 615-616, February 21, 1942.) Gives a complete list of symptoms and signs classified to show early deficiency states in different types of persons. The implications cited are discussed.

Food and  
Nutrition

WHAT'S KNOWN TODAY ABOUT DEHYDRATING VEGETABLES. W. V. Cruess and E. M. Mrak. (Food Industries, vol. 14, No. 3, pp. 48-49, 96, March 1942.) This is part 3 of a series of articles giving specific directions for the preparation of various vegetables for drying. The series will eventually constitute a handbook on vegetable dehydration. This particular article tells how to prepare the vegetables by blanching and other means. The next one to appear will give directions for dehydration.

Food and  
Nutrition

THE SCIENCE OF NUTRITION FURNISHES THE BASIS FOR CHILD FEEDING. Louise Stanley. (Child Study, Fall 1941, pp. 3-5, 28.) A discussion of the importance of adequate nutrition for children and some of the more subtle ways in which hidden hungers show up, in lowered resistance to disease and in a lack of well-being and enjoyment in being alive. It gives some suggestions as to how to preserve essential nutrients, such as vitamins, and says not to stir air into foods while they are cooking; not to put them through a sieve while they are still hot; not to use soda in cooking foods; not to use long cooking processes; and lists things to do, such as, to raise as rapidly as possible the temperature of foods to be boiled; prepare chopped fruits and vegetables just before serving them; start cooking frozen fruits and vegetables while they are still frozen; use as little water as possible in cooking; and serve raw, frozen foods immediately after thawing; and other foods as soon as cooked.

Food and  
Nutrition

FOOD FOR A LONGER LIFE. (Hygeia, vol. 20, No. 2, pp. 122, February 1942.) A discussion of variation in diet of the elderly person from that of a young one. The older person uses less energy and needs fewer calories, but about the same amount of minerals and vitamins as the younger person. Some foods easily masticated and digested which are helpful in getting proper diet are suggested.

Food and  
Nutrition

DISTRIBUTION OF MINERALS AND VITAMINS IN DIFFERENT PARTS OF LEAFY VEGETABLES. Olive Sheets, Oliver A. Leonard, and Marvin Gieger. (Food Research, vol. 6, No. 6, pp. 553-569, November - December 1941.) A report of the study of the distribution of minerals and vitamins in different parts of leafy vegetables, including the stem, root, petioles, and leaves. The vegetables studied are Swiss chard, beets, spinach, dock, lettuce, sweet-potato, radish, turnip, tender greens, rape, and collards.

Food and  
Nutrition

ARMY NEEDS 13 NEW FOODS. Major Jesse E. White. (Food Industries, vol. 14, No. 3, pp. 38-39, March 1942.) Suggests the types of canned food rations similar to meat and beans, meat and vegetable hash, meat and vegetable stew, which would help in improving the variety of food used in the Army. The article suggests thirteen of the types of food wanted, and lists those that are already in use.

Food and  
Nutrition

NIACIN. A NEW NAME OF NICOTINIC ACID. (Nutrition. The Quaker Oats Co., 345 East Twenty-fifth Street, Chicago, Ill., vol. 5, No. 1, pp. 1, 1st quarter 1942.) A brief item which calls attention to the recommendation that nicotinic acid be spoken of as Niacin.

Food and  
Nutrition

FROZEN ASSETS. Barbara Lucas. (The Michigan Farmer, vol. 198, No. 2, pp. 22, January 24, 1942.) Instructions for the handling of meats for storage, beginning with the selection of the animal for slaughter and its preparation before the meat enters the freezing unit. Instructions for cooking the frozen meat are also included.